

GLCAP Sandusky County Senior Menu for May 2024

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Thursdays

**Low concentrated desserts substituted for modified meals.

Serving Sizes:

Entrée, Meat & Casserole – 3 oz./ 8 oz.

Vegetable, Fruit & Dessert – ½ cup

Bread/Bread Alternate - 1 slice or 2 oz.

Milk – 8 oz. served with every meal

****Suggested Donation of \$3.00 per meal.**

NOTE: No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service.

NON-SENIOR GUEST/STAFF: 6.75

Monday	Tuesday	Wednesday	Thursday	Friday
*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.		1. Pizza Burger on Bun Steamed Broccoli Potato Wedges Strawberries / Cookie	2. Beef Tacos, Corn and Black Beans, Spanish Rice, Tossed Salad, Pears Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 5/2/24: Italian Sub Sandwich
6. Chicken Kiev Au Gratin Potatoes Green Beans Apricots Blueberry Muffin	7. French Toast w/ Sausage, Hashbrown Cubes, Pea Salad, Cherry Crisp, Cheese Stick Salad: Chef Salad w/ Chicken	8. Chipped Beef over Biscuit Buttered Corn Normandy Blend Vegetables Pineapple Fig Cookie	9. Honey Dijon Chicken, Maple Sweet Potatoes, Creamed Spinach, Peaches, Cheesecake, Wheat Bread Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 5/9/24: Turkey and Cheese Sandwich
13. Beef Stroganoff Harvard Beets Brussels Sprouts Mandarin Oranges Wheat Bread / Brownie	14. Fish Sandwich on Bun, Cheesy Potatoes, Glazed Carrots, Blueberries Salad: Garden Salad / Cheese Stick	15. Cabbage Roll Mashed Potatoes and Gravy Steamed Broccoli Pears Wheat Bread / Cookie	16. BBQ Pork Chop, Baked Potato, Riviera Blend Vegetables, Applesauce Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 5/16/24: Greek Feta Chicken Pasta Salad
20. Macaroni and Cheese Butternut Squash Asparagus Mixed Fruit / Banana Bread	21. Baked Ham, Sweet Potatoes, Collard Greens, Pineapple, Wheat Bread Salad: Chef Salad w/ Turkey Ham	22. Sweet and Sour Chicken over Brown Rice Oriental Blend Vegetables Egg Roll / Orange Sections Wheat Bread / Lemon Bar	23. Birthday Day! Pot Roast, Mashed Potatoes and Gravy, Baby Carrots, Ambrosia Salad, Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 5/23/24: Chicken Salad / Croissant
27. Closed Holiday	28. Calico Beans, Baby Bakers, Squash Blend Vegetables, Pears, Corn Bread Salad: Chef Salad w/ Chicken	29. Chicken Salad / Croissant Three Bean Salad Cream of Potato Soup Strawberries / Pudding	30. Turkey Tetrizzini, Stewed Tomatoes, Buttered Corn, Peaches, Garlic Bread Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 5/30/24: Italian Pasta Salad w/ Ham

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Fremont – 419-334-8383, Gibsonburg – 419-637-7947, Clyde – 419-547-8052

For Home Delivered Meal Cancellations, contact 419-332-4032. For ingredient content only, call GLCAP Food Service 419-333-1402.