

# GLCAP Sandusky County Senior Menu for June 2026

(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
1. Chicken Alfredo, Italian Blend Vegetables, Stewed Tomatoes, Mandarin Oranges, Garlic Bread	2. BBQ Pork Riblet, Sweet Potatoes, Brussels Sprouts, Apricots, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	3. Cubed Steak, Mashed Potatoes and Gravy, Steamed Broccoli, Tropical Fruit, Wheat Bread, Cookie	4. Fish Sandwich on Bun, Cheesy Potatoes, Glazed Carrots, Strawberries <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 6/4/26: Italian Pasta Salad with Chicken and Sides</b>
8. Beef and Noodles, Succotash, Harvard Beets, Pineapple, Cottage Cheese, Wheat Bread	9. Sausage Gravy over Biscuit, Hashbrown Cubes, Creamed Peas, Orange Juice <b>Salad:</b> Chef Salad w/ Chicken	10. Turkey Pot Roast over Mashed Potatoes, Baby Carrots, Cherry Crisp, Roll	11. Calico Beans, Baby Baker Potatoes, Nantucket Blend Vegetables, Pears, Corn Bread <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 6/11/26: Ham and Cheese Wrap with Sides</b>
15. Italian Chicken Breast, Roasted Red Potatoes, Mixed Vegetables, Grapes, Wheat Bread, Cookie	16. Meatball Sub, California Blend Vegetables, Tossed Salad, Apple Crisp <b>Salad:</b> Chef Salad w/ Turkey Ham	17. Beefy Chili, Spinach Salad, Potato Salad, Fruit Cocktail, Pudding, Corn Bread	18. Baked Ham, Sweet Potatoes, Capri Blend Vegetables, Blueberries, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	<b>*Holiday Frozen for Home Delivered Meals for 6/19/26 will be delivered on 6/15/26*</b>
22. Baked Steak w/ Peppers and Onions, Baked Potato, Caribbean Blend Vegetables, Mango, Wheat Bread, Lemon Square	23. Sweet and Sour Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Mandarin Oranges, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	24. Spaghetti and Meatballs, Italian Blend Vegetables, Tossed Salad, Peach Crisp, Garlic Bread	25. <b>Birthday Day!</b> Cabbage Roll, Cheesy Potatoes, Riviera Blend Vegetables, Sunset Salad, Roll, Cake, Ice Cream <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 6/25/26: Southwest Chicken Pasta with Sides</b>
29. Chicken Cordon Bleu, Au Gratin Potatoes, Green Beans, Peaches, Wheat Bread, Brownie	30. Beefy Goulash, Succotash, Riviera Blend Vegetables, Apricots, Corn Bread <b>Salad:</b> Chef Salad w/ Chicken			

**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.**