

# GLCAP Sandusky County Senior Menu for October 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.<br>Cheeseburger on Bun, Potato Wedges, Baked Beans, Melon<br><b>Salad:</b> Chef Salad w/ Turkey Ham                                                                                            | <b>Box Lunch out on Thursday 10/1/26: Turkey and Cheese Sandwich with Sides</b> |
| 5.<br>Swedish Meatballs over Parslied Noodles, Harvard Beets, Peas w/ Pearl Onions, Mandarin Oranges, Wheat Bread | 6.<br>Turkey Tetrizzini, Tomatoes and Zucchini, Key West Blend Vegetables, Peaches, Garlic Bread<br><b>Salad:</b> Chef Salad w/ Chicken | 7.<br>Hamburger Gravy over Mashed Potatoes, Buttered Corn, Strawberries, Garlic and Cheddar Biscuit, Cookie | 8.<br>Sweet and Sour Chicken over Rice, Stir Fry vegetables, Egg Roll, Orange Juice, Wheat Bread<br><b>Salad:</b> Garden Salad / Cheese Stick                                                     | <b>Box Lunch out on Thursday 10/8/26: Italian Pasta Salad w/ Ham and Sides</b>  |
| 12.<br>Chicken Marsala, Roasted Red Potatoes, Steamed Broccoli, Mixed Fruit, Wheat Bread, Brownie                 | 13.<br>Veal Parmesan, Italian Green Beans, Tossed Salad, Cherry Crisp, Garlic Bread<br><b>Salad:</b> Chef Salad w/ Turkey Ham           | 14.<br>Roast Beef and Swiss on Bun, Potato Salad, Minestrone Soup, Apricots, Pudding                        | 15.<br>Stuffed Pepper, Mashed Potatoes and Gravy, Northwest Blend Vegetables, Pineapple, Cottage Cheese, Wheat Bread<br><b>Salad:</b> Chef Salad w/ Chicken                                       | <b>Box Lunch out on Thursday 10/17/26: Egg Salad on Croissant with Sides</b>    |
| 19.<br>Broccoli and Cheddar Stuffed Chicken Breast, Cheesy Potatoes, Green Beans, Pears, Wheat Bread, Cookie      | 20.<br>Macaroni and Cheese w/ Ham, Stewed Tomatoes, Steamed Peas, Mandarin Oranges, Muffin<br><b>Salad:</b> Garden Salad / Cheese Stick | 21.<br>Chicken Florentine, Garlic Mashed Potatoes, Italian Blend Vegetables, Fruit Cocktail, Garlic Bread   | 22. <b>Birthday Day!</b><br>Shredded Beef over Sauerkraut, Roasted Carrots, Baby Baker Potatoes, Cherry Berry Fruit Salad, German Apple Cake, Ice Cream<br><b>Salad:</b> Chef Salad w/ Turkey Ham | <b>Box Lunch out on Thursday 10/22/26: Chicken Bacon Ranch Pasta with Sides</b> |
| 26.<br>Mushroom Steak, Baked Potato, Capri Blend Vegetables, Peaches, Wheat Bread                                 | 27.<br>Beef and Bean Burrito over Spanish Rice, Corn and Black Beans, Tossed Salad, Apple Crisp<br><b>Salad:</b> Chef Salad w/ Chicken  | 28.<br>Baked Meatloaf, Scalloped Potatoes, Mixed Vegetables, Strawberries, Wheat Bread, Brownie             | 29.<br>Tuna Noodle Casserole, Harvard Beets, Malibu Blend Vegetables, Pineapple, Wheat Bread<br><b>Salad:</b> Garden Salad / Cheese Stick                                                         | <b>Box Lunch out on Thursday 10/29/26: Greek Pasta Salad w/Ham and Sides</b>    |

**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.**