

GLCAP Sandusky County Senior Menu for August 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
3. Beef Stroganoff, Brussels Sprouts, Diced Carrots, Pears, Wheat Bread, Cookie	4. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango Salad: Chef Salad w/ Chicken	5. Chicken Kiev, Scalloped Potatoes, Steamed Broccoli, Mixed Fruit, Wheat Bread	6. Sausage/Egg/Potato Casserole, Sautéed Spinach and Mushrooms, Stewed Tomatoes, Grapes, Bagel Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 8/6/26: Italian Pasta Salad w/ Chicken and Sides
10. Chipped Beef over Biscuit, Buttered Corn, Nantucket Blend Vegetables, Pineapple, Cottage Cheese	11. Kielbasa, Mashed Potatoes and Gravy, Peas and Carrots, Peaches, Wheat Bread Salad: Chef Salad w/ Chicken	12. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Mandarin Oranges, Sub Bun, Brownie	13. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 8/13/26: Roast Beef Sandwich and Sides
17. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Apricots, Wheat Bread	18. Cheese Manicotti w/ Meat Sauce, Riviera Blend Vegetables, Tossed Salad, Peach Crisp, Garlic Bread Salad: Garden Salad / Cheese Stick	19. Chicken Salad on Croissant, Potato Salad, Broccoli and Cheddar Soup, Mixed Fruit, Pudding	20. Birthday Day! Beef Tips and Gravy over Mashed Potatoes, Normandy Blend Vegetables, Strawberry Delight, Biscuit, Cake, Ice Cream Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 8/20/26: Greek Pasta Salad w/ Ham and Sides
24. Chicken Tenders, Potato Wedges, Capri Blend Vegetables, Applesauce, Muffin	25. Almondine Pollock over Rice Pilaf, Butternut Squash, Asparagus, Blueberries, Wheat Bread Salad: Chef Salad w/ Chicken	26. Salisbury Steak, Baked Potato, Northwest Blend Vegetables, Fruit Cocktail, Wheat Bread, Cookie	27. Sloppy Joe on Bun, Maple Sweet Potatoes, Steamed Peas, Melon Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 8/27/26: Ham Salad on Croissant with Sides
31. Turkey Breast, Mashed Potatoes and Gravy, Green Beans, Strawberries, Roll				

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.