

GLCAP Sandusky County Senior Menu for November 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
2. Chicken Kiev, Scalloped Potatoes, Steamed Broccoli, Blueberries, Wheat Bread	3. Sausage/Egg/Potato Casserole, Sautéed Spinach and Mushrooms, Stewed Tomatoes, Apricots, Bagel Salad: Chef Salad w/ Chicken	4. Beef Stroganoff, Brussels Sprouts, Diced Carrots, Mixed Fruit, Wheat Bread	5. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Pears, Sub Bun Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 11/5/26: Southwest Chicken Pasta with Sides
9. Chipped Beef over Biscuit, Buttered Corn, Nantucket Blend Vegetables, Pineapple, Cottage Cheese	10. Kielbasa, Mashed Potatoes and Gravy, Peas and Carrots, Peaches, Wheat Bread Salad: Garden Salad / Cheese Stick	11. Closed – Veterans Day *Holiday frozen for HDM out on 11/4/26	12. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Mandarin Oranges, Wheat Bread Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 11/12/26: Roast Beef Sandwich with Sides
16. Sloppy Joe on Bun, Maple Sweet Potatoes, California Blend Vegetables, Strawberries, Brownie	17. Almondine Pollock over Rice Pilaf, Butternut Squash, Asparagus, Fruit Cocktail, Wheat Bread Salad: Chef Salad w/ Chicken	18. Chicken Salad on Croissant, Potato Salad, Garden Vegetable Soup, Blueberries	19. Birthday Day! Cabbage Roll, Scalloped Potatoes, Northwest Vegetable Blend, Fruit Salad, Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 11/19/26: Ham Salad on Croissant with Sides
23. Salisbury Steak, Baked Potato, Capri Blend Vegetables, Pears, Wheat Bread	24. BBQ Pork Sliders, Potato Wedges, Baked Beans, Melon Salad: Chef Salad w/ Chicken	25. Turkey Breast, Mashed Potatoes and Gravy, Green Beans, Stuffing, Cranberry Delight, Roll, Pumpkin Pie	26. Closed - Thanksgiving	*Holiday Frozen Meals for HDM on 11/26/26 and 11/27/26, delivered on Monday, 11/23/26
30. Beef Tips and Gravy over Mashed Potatoes, Steamed Broccoli, Blueberry Crisp, Wheat Bread				

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.