

GLCAP Sandusky County Senior Menu for November 2025

(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, Capri Blend Vegetables, Harvard Beets, Pears, Wheat Bread, Lemon Square	4. Ham and Potato Skillet, Asparagus, Diced Carrots, Mixed Fruit, Wheat Bread Salad: Garden Salad / Cheese Stick	5. Chicken Florentine, Baby Baker Potatoes, Italian Green Beans, Mandarin Oranges, Garlic Bread, Cookie	6. Tuna Salad on Croissant, Tomato Basil Soup, Cucumber Salad, Mango Salad: Chef Salad with Turkey Ham	Box Lunch out on Thursday 11/6/25: Greek Chicken Pasta with Sides
10. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Applesauce, Sub Bun, Brownie	11. Closed Holiday	12. Chipped Beef over Biscuit, Buttered Corn, Nantucket Blend Vegetables, Pineapple, Cottage Cheese	13. Veal Parmesan, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 11/13/25: Ham and Cheese Sandwich with Sides
17. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Apricots, Wheat Bread, Cookie	18. Beef and Bean Burrito over Spanish Rice, Fiesta Corn, Tossed Salad, Peach Crisp Salad: Chef Salad w/ Turkey Ham	19. Chicken Alfredo, Stewed Tomatoes, Steamed Peas, Mandarin Oranges, Garlic Bread	20. Birthday Day! Beef Tips over Mashed Potatoes, Normandy Blend Vegetables, Blueberries, Biscuit, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 11/20/25: Turkey and Cheese Sandwich with Sides
24. Sloppy Joe on Bun, Maple Sweet Potatoes, Key West Blend Vegetables, Strawberry Applesauce	25. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Garden Salad / Cheese Stick	26. Turkey Breast, Mashed Potatoes and Gravy, Green Bean Casserole, Cranberry Fluff Salad, Pumpkin Pie, Roll	27. Closed Holiday	Box Lunch out on Wednesday 11/26/25: Chicken Salad on Croissant with Sides
*Holiday Frozen Meals for HDM will be sent out on 11/4/25 for 11/11/25	*Holiday Frozen Meals for HDM will be sent out 11/19/25 for 11/27/25			

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.