

**GLCAP Sandusky County
Senior Menu January 2022**

Suggested Donation of \$3.00 per meal. 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**
Serving Sizes — Entrée, Meat & Casserole – 3 oz.; Vegetable, Fruit & Dessert – ½ cup;
Bread/Bread Alternate — 1 slice or ½ cup; Milk – 8 oz. served with every meal

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Breast Roasted Potatoes Scandinavian Vegetables Peaches & Roll	4 Kielbasa, Mashed Potatoes and Gravy, Sauerkraut, Apricots, Muffin, Brownie Salad: Chef Salad w/ Chicken	5 Beefy Goulash Diced Carrots Harvard Beets Pears Corn Bread	6 Salisbury Steak Baked Potato California Blend Vege- tables, Applesauce Roll / Lemon Bar	7 Fish Sandwich, Potato Wedges, Riviera Blend Vegetables, Mandarin Oranges, Salad: Chef Salad w/Turkey Ham
10 Beef Stew Black-Eyed Peas Cole Slaw Baked Apple Biscuit	11 Taco Skillet (Beef, Beans, Rice), Lettuce/Cheese Mexicali Corn, Blueberry Crisp, Muffin Salad: Garden Salad/ Cheese Stick	12 Turkey and Cheese on Bun, Broccoli and Cheddar Soup, Three Bean Salad, Strawberries, Cookie	13 Chicken Jambalaya Seasoned Okra Diced Carrots Mixed Fruit Wheat Bread	14 BBQ Pork Riblet, Sweet Potatoes, Brussels Sprouts, Pineapple, Cottage Cheese, Wheat Bread, Salad: Chef Salad w/Chicken
17 Closed	18 Baked Ham w/Pineapple, Baked Beans, Collard Greens, Tropical Fruit, Roll, Cookie Salad: Garden Salad/Cheese Stick	19 Sloppy Joe on Bun Baby Bakers Mixed Vegetables Peaches Apple Coffee Cake	20 Stuffed Chicken (Broccoli and Cheese), Normandy Blend Vegetables, Roasted Red Mashed Potatoes Strawberries & Wheat Bread	21 Cheese Manicotti, Tossed Salad, Baked Spinach, Warm Cinnamon Apples, Garlic Bread, Gelatin Cup, Salad: Chef Salad w/Chicken
24 Chicken Marsala, Cheesy Potatoes, Peas with Pearl Onions, Pears, Wheat Bread / Brownie	25 Turkey Tetrizzini, Sliced Carrots, Tossed Salad Cherry Crisp, Garlic Bread Salad: Chef Salad w/Turkey Ham	26 Staff In-Service Day No Home Meal Delivery or In-person congregate dining. Gibsonburg Site will be closed	27 Birthday Day! Meatloaf, Garlic Mashed Potatoes, Tuscan Asiago Vegetables, Ambrosia Salad, Dinner Roll, Cake & Ice Cream	28 Macaroni and Cheese w/ Ham, Stewed Tomatoes, Green Beans, Mixed Fruit, Muffin, Salad: Garden Sal- ad/Cheese Stick
31 Baked Steak w/Peppers and Onions, Mashed Potatoes and Gravy, Baked Beans, Apricots, Wheat Bread		Menu subject to changes without notice. Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.		

CALL 24 HOURS IN ADVANCE TO SCHEDULE A Grab & Go Meal Fremont — 419-334-8383 option 1.
Home-delivered meal or cancellations, call 419-332-4032. For ingredient content only, call GLCAP Food Service at 419-333-1402.