

GLCAP Sandusky County Senior Menu for July 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
	1. Turkey Tetrizzini, Stewed Tomatoes, Winter Blend Vegetables, Strawberry Applesauce, Garlic Roll Salad: Garden Salad / Cheese	2. Chili Cheese Dog Mixed Vegetables Potato Wedges Melon / Pie	3. Pulled Pork Sandwich, Baked Beans, Cole Slaw, Peach Crisp Salad: Chef Salad w/ Chicken	Holiday Frozen for HDM sent out on Monday, June 30th for Friday, 7/4/25
7. Chicken a La King over Biscuit, Au Gratin Potatoes, Steamed Broccoli, Mandarin Oranges, Cookie	8. Swedish Meatballs over Parslied Noodles, Harvard Beets, Peas w/ Pearl Onions, Strawberries, Wheat Bread Salad: Chef Salad w/ Turkey Ham	9. Mushroom Steak, Baked Potato, Capri Blend Vegetables, Pears, Wheat Bread, Brownie	10. Egg and Cheese Omelet, Maple Sweet Potatoes, Spinach Souffle, Peaches, Bagel Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 7/10/25: Ham and Cheese Sandwich with Sides
14. Stuffed Peppers, Mashed Potatoes and Gravy, Baby Carrots, Apricots, Roll	15. Taco Skillet (Beef, Beans, Rice), Fiesta Corn, Tossed Salad, Blueberry Crisp, Tortilla Shell Salad: Chef Salad w/ Turkey Ham	16. Roast Beef and Swiss Sandwich on Bun, Fruity Cole Slaw, Loaded Potato Soup, Mixed Fruit, Pudding	17. Chicken Marsala, Roasted Red Potatoes, Green Beans, Pineapple, Wheat Bread, Cottage Cheese Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 7/17/25: Southwest Chicken Pasta with Sides
21. Macaroni and Cheese, Nantucket Blend Vegetables, Stewed Tomatoes, Tropical Fruit, Yogurt Cup, Muffin	22. Smothered Pork Chop, Collard Greens, Scalloped Potatoes, Strawberries, Corn Bread Salad: Chef Salad w/ Chicken	23. Chicken Florentine, Baby Baker Potatoes, Italian Green Beans, Mandarin Oranges, Garlic Bread	24. Birthday Day! Beef Tips over Mashed Potatoes, Normandy Blend Vegetables, Fruited Gelatin Salad, Garlic and Cheddar Biscuit, Cake, Ice Cream Salad: Chef Salad w/Turkey ham	Box Lunch out on Thursday 7/24/25: Italian Pasta Salad with Ham and Sides
28. Baked Meatloaf, Cheesy Potatoes, Glazed Carrots, Pears, Roll, Lemon Square	29. Tuna Noodle Casserole, Harvard Beets, Steamed Peas, Peaches, Wheat Bread Salad: Chef Salad w/ Chicken	30. Broccoli and Cheddar Stuffed Chicken Breast, Creamed Spinach, Tomatoes and Zucchini, Blueberries, Wheat Bread, Cookie	31. Beefy Goulash, Diced Carrots, Succotash, Pineapple, Cottage Cheese, Corn Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 7/31/25: Turkey and Cheese Sandwich with Sides

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.