

**GLCAP Sandusky County
Senior Menu November 2021**

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
1 Cubed Steak, Mashed Potatoes/ Gravy, Green Beans Strawberries, Roll	2 Taco Skillet (Beef/Beans/ Rice), Mexicali Corn, Lettuce Cup, Blueberry Cobbler Salad: Chef Salad w/Chicken	3 Turkey and Cheese on Bun, Mediterranean Lentil Soup, Three Bean Salad, Mixed Fruit, Pudding	4 Italian Chicken Roasted Potatoes Steamed Broccoli Pears Wheat Bread	5 BBQ Pork Riblet, Sweet Potatoes, Brussels Sprouts, Peaches, Wheat Bread, Brownie Salad: Garden Salad/ Cheese Stick
8 Pizza Burger on Bun, Italian Tomatoes and Zucchini, Steamed Peas, Pineapple, Cookie	9 Kielbasa, Mashed Potatoes/ Gravy, Sauerkraut, Apricots, Wheat Bread Salad: Caesar Salad w/ Chicken	10 Macaroni and Cheese, Stewed Tomatoes, Peas and Carrots, Pears, Banana Muffin	11 Closed 	12 Chicken Teriyaki over Fried Rice, Steamed Broccoli, Mixed Vegetables, Mandar- in Oranges, Wheat Bread, Nuttty Buddy Bar Salad: Chef Salad w/Turkey
15 Beef Stroganoff, Harvard Beets, Vegetable Blend, Applesauce, Wheat Bread, Cookie	16 Stuffed Pepper, Mashed Po- tatoes/Gravy, Lima Beans, Peaches, Wheat Bread, Salad: Chef Salad w/Turkey Ham	17 Staff In-Service Day No Home Meal Delivery or In-person congregate dining. Gibsonburg Site will be closed	18 Birthday Day! Baked Meatloaf Garlic Mashed Potatoes/ Gravy, Nantucket Vegetable Blend, Fruit Salad/Dinner Roll, Cake/Ice Cream	19 Fish Sandwich on Bun, Potato Wedges, Cole Slaw, Blackberry Crisp Salad: Garden Salad/ Cheese Stick
22 Chicken Pot Pie Casserole w/Biscuit, Creamed Spinach, Herb Roasted Tomatoes, Orange Juice	23 Calico Beans, Baby Bakers, Scandinavian Vegetables, Mandarin Oranges, Corn Bread, Salad: Chef Salad w/ Turkey Ham	24 Thanksgiving Lunch Turkey/Stuffing Mashed Potatoes/Gravy Green Beans, Cranberries Dinner Roll/Pumpkin Pie	25 Closed 	26 Closed 
29 Salisbury Steak, Mashed Potatoes/ Gravy, Creamed Corn Tropical Fruit, Roll	30 Spaghetti Bolognese, Califor- nia Blend Vegetables, Tossed Salad, Warm Cinnamon Apples, Garlic Bread Salad: Chef Salad w/Chicken			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.