

GLCAP Sandusky County Senior Menu for July 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
		1. BBQ Chicken Breast, Sweet Potatoes, California Blend Vegetables, Blueberries, Wheat Bread	2. Cheeseburger on Bun, Potato Wedges, Baked Beans, Melon, Apple Pie Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 7/2/26: Chicken Bacon Ranch Pasta with Sides
6. Swedish Meatballs over Parslied Noodles, Harvard Beets, Peas w/Pearl Onions, Pears, Wheat Bread, Cookie	7. Turkey Tetrizzini, Tomatoes and Zucchini, Key West Blend Vegetables, Peaches, Garlic Bread Salad: Garden Salad / Cheese Stick	8. Hamburger Gravy over Mashed Potatoes, Buttered Corn, Strawberries, Garlic and Cheddar Biscuit	9. Smothered Pork Chop, Collard Greens, Scalloped Potatoes, Applesauce, Wheat Bread Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 7/9/26: Egg Salad on Croissant with Sides
13. Chicken Marsala, Roasted Red Potatoes, Steamed Broccoli, Mixed Fruit, Wheat Bread, Brownie	14. Macaroni and Cheese w/Ham, Stewed Tomatoes, Steamed Peas, Mandarin Oranges, Muffin Salad: Chef Salad w/ Chicken	15. Roast Beef and Swiss on Bun, Potato Salad, Minestrone Soup, Apricots, Pudding	16. Stuffed Pepper, Mashed Potatoes and Gravy, Northwest Blend Vegetables, Pineapple, Cottage Cheese Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 7/16/26: Turkey and Cheese Sandwich with Sides
20. Broccoli and Cheddar Stuffed Chicken Breast, Cheesy Potatoes, Green Beans, Strawberries, Wheat Bread	21. Beef and Bean Burrito over Spanish Rice, Corn and Black Beans, Tossed Salad, Apple Crisp Salad: Chef Salad w/ Chicken	22. Chicken Florentine, Baby Bakers, Italian Blend Vegetables, Peaches, Garlic Bread	23. Birthday Day! Baked Meatloaf, Scalloped Potatoes, Mixed Vegetables, Ambrosia Salad, Roll, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 7/23/26: Chicken Salad on Croissant with Sides
27. Mushroom Steak, Baked Potato, Capri Blend Vegetables, Pears, Wheat Bread, Cookie	28. Veal Parmesan, Italian Green Beans, Tossed Salad, Cherry Crisp, Garlic Bread Salad: Chef Salad w/ Turkey Ham	29. Country Fried Steak, Mashed Potatoes and Gravy, Diced Carrots, Blueberries, Biscuit	30. Tuna Noodle Casserole, Harvard Beets, Steamed Peas, Fruit Cocktail, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 7/30/26: Greek Pasta Salad with Ham and 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.