

**GLCAP Sandusky County
Senior Menu October 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
Menu subject to changes without notice. Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.			October is National Apple Month!	1 BBQ Chicken Breast, Roasted Potatoes w/Pesto, Baked Beans, Tropical Fruit, Wheat Bread, Apple Fruit Bar. Salad: Chef Salad w/Turkey Ham
4 BBQ Beef Over Texas Toast Sweet Potatoes Brussels Sprouts Mixed Fruit	5 Glazed Pork Chop, Mashed Potatoes and Gravy, Diced Carrots, Pineapple, Cottage Cheese, Corn Bread Salad: Garden Salad	6 Chicken Marsala, Cheesy Potatoes, Caribbean Blend Vegetables, Pears, Wheat Bread	7 Beef and Noodles Succotash Peas w/ Pearl Onions Mandarin Oranges Wheat Bread	8 Vegetable Lasagna, Steamed Broccoli, Tossed Salad, Caramel Apple Crisp, Garlic Bread, Cheese Stick. Salad: Chef Salad w/ Chicken
11 Roots Shredded Chicken Sandwich, Potato Wedges, Normandy Blend Vegetables, Blueberries, Cookie	12 Spaghetti and Meat Sauce, Italian Green Beans, Tossed Salad, Warm Cinnamon Apples, Garlic Bread Salad: Chef Salad w/Chicken	13 Chipped Beef over Biscuit, Peas and Carrots, Harvard Beets, Peaches, Lemon Bar	14 Hamburger Gravy over Mashed Potatoes Mixed Vegetables Apricots Garlic Cheddar Biscuit	15 Chicken Cordon Bleu, Cheesy Potatoes, European Vegetable Blend, Mixed Berries, Wheat Bread. Salad: Garden Salad
18 Baked Steak Baby Bakers Riviera Blend Vegetables, Pineapple, Roll	19 Creamed Chicken over Biscuit, Mixed Vegetables, Mashed Potatoes, Mixed Fruit, Brownie. Salad: Chef Salad w/ Turkey Ham	20 Staff In-Service Day No Home Meal Delivery or In-person congregate dining. Gibsonburg Site will be closed	21 Chicken Salad on Croissant, Potato Salad, Pumpkin and Roasted Apple Soup, Strawberries/Cookie	22 Brunch Time! French Toast/Sausage Patty, Creamy Pea Salad, Maple Sweet Potatoes, Sliced Apples /Caramel Dip, Cheese Stick. Salad: Chef Salad w/ Chicken
25 Chicken Jambalaya Sweet Potato Cubes Seasoned Okra Applesauce Corn Bread	26 Sloppy Joe on Bun Parsley Potatoes Mixed Vegetables Blueberries Salad: Garden Salad	27 Turkey and Rice Casserole, California Blend Vegetables, Stewed Tomatoes, Mandarin Oranges, Wheat Bread	28 Birthday Day! Pot Roast, Mashed Potatoes and Gravy, Baby Carrots, Ambrosia Salad, Roll, Cake/Ice Cream	29 Beef Stew, Black-Eyed Peas, Zucchini, Baked Apple, Biscuit, Rice Krispy Treat Salad: Chef Salad w/ Turkey Ham

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