

GLCAP Sandusky County Senior Menu for December 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. Cubed Steak, Mashed Potatoes and Gravy, Green Beans, Tropical Fruit, Wheat Bread, Cookie	2. Fish Sandwich on Bun, Cheesy Potatoes, Glazed Carrots, Strawberries Salad: Chef Salad w/ Chicken	3. Chicken Lasagna, Italian Blend Vegetables, Tomatoes and Zucchini, Mandarin Oranges, Garlic Bread	4. BBQ Pork Riblett, Sweet Potatoes, Steamed Broccoli, Peaches, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 12/4/25: Chicken Bacon Ranch Pasta with Sides
8. Beef and Noodles, Succotash, Harvard Beets, Pineapple, Cottage Cheese, Wheat Bread	9. Chicken Tacos, Spanish Rice, Fiesta Corn and Beans, Tossed Salad, Mango, Tortillas Salad: Chef Salad w/ Turkey Ham	10. Beefy Chili, Spinach Salad, Potato Salad, Mixed Fruit, Pudding, Corn Bread	11. French Toast, Turkey Sausage, Hashbrown Cubes, Pea Salad, Blueberry Crisp Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 12/11/25: Italian Pasta Salad with Ham and Sides
15. Italian Chicken Breast, Roasted Red Potatoes, Mixed Vegetables, Apricots, Wheat Bread, Brownie	16. Turkey Pot Roast over Mashed Potatoes, Baby Carrots, Warm Cinnamon Apples, Biscuit Salad: Garden Salad / Cheese Stick	17. Cheeseburger, Potato Wedges, Baked Beans, Pears, Yogurt Cup	18. Birthday Day! Chicken Cordon Bleu, Scalloped Potatoes, Green Beans, Strawberry Delight, Roll, Cake, Ice Cream Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 12/18/25: Roast Beef and Swiss on Bun with Sides
22. Salisbury Steak, Mashed Potatoes and Gravy, Buttered Corn, Mandarin Oranges, Wheat Bread	23. Baked Ham, Sweet Potatoes, Northwest Blend Vegetables, Ambrosia Salad, Corn Bread, Gingerbread Cookie Salad: Garden Salad / Cheese Stick	24. Closed Holiday *Holiday Frozen for Home Delivered Consumers out on Wednesday, December 17 th	25. Closed Holiday	Box Lunch out on Tuesday 12/23/25: Southwest Chicken Pasta with Sides
29. Baked Steak with Peppers and Onions, Baked Potato, Caribbean Blend Vegetables, Strawberries, Wheat Bread	30. Chicken Teriyaki over Brown Rice, Stir Fry Vegetables, Diced Carrots, Pineapple, Wheat Bread Salad: Chef Salad w/ Turkey Ham	31. Spaghetti with Meatballs, Italian Green Beans, Tossed Salad, Apple Crisp, Garlic Bread, Cookie	*New Year's Day Holiday Frozen for Home Delivered out on Monday, December 29 th	Box Lunch out on Wednesday 12/31/25 for 1/2/25: Ham Salad on Croissant 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.