

# GLCAP Sandusky County Senior Menu for March 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
2. Cubed Steak, Mashed Potatoes and Gravy, Steamed Broccoli, Tropical Fruit, Wheat Bread, Cookie	3. BBQ Pork Riblett, Sweet Potatoes, Brussels Sprouts, Apricots, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	4. Chicken Alfredo, Italian Blend Vegetables, Stewed Tomatoes, Mandarin Oranges, Garlic Bread	5. Fish Sandwich on Bun, Cheesy Potatoes, Glazed Carrots, Strawberries <b>Salad:</b> Chef Salad with Turkey Ham	<b>Box Lunch out on Thursday 3/5/26: Chicken and Cheese Wrap with Sides</b>
9. Beef and Noodles, Succotash, Harvard Beets, Pineapple, Cottage Cheese, Wheat Bread	10. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango, Tortilla <b>Salad:</b> Chef Salad w/ Turkey Ham	11. Chicken Cordon Bleu, Au Gratin Potatoes, Green Beans, Peaches, Wheat Bread, Brownie	12. French Toast, Turkey Sausage, Hashbrown Cubes, Pea Salad, Blueberry Crisp <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 3/12/26: Ham Salad on Croissant with Sides</b>
16. Italian Chicken Breast, Roasted Red Potatoes, Mixed Vegetables, Grapes, Wheat Bread, Cookie	17. Cheeseburger on Bun, Potato Wedges, Baked Beans, Pears, Yogurt Cup <b>Salad:</b> Chef Salad w/ Turkey Ham	18. Beefy Chili, Spinach Salad, Potato Salad, Fruit Cocktail, Pudding, Corn Bread	19. Turkey Pot Roast over Mashed Potatoes, Baby Carrots, Warm Cinnamon Apples, Biscuit <b>Salad:</b> Garden Salad w/ Cheese Stick	<b>Box Lunch out on Thursday 3/19/26: Italian Pasta Salad w/ Ham and Sides</b>
23. Baked Steak w/ Peppers and Onions, Baked Potato, Caribbean Blend Vegetables, Apricots, Wheat Bread, Lemon Square	24. Roasted Ham, Sweet Potatoes, Northwest Blend Vegetables, Applesauce, Corn Bread <b>Salad:</b> Garden Salad / Cheese Stick	25. Salisbury Steak, Mashed Potatoes and Gravy, Buttered Corn, Mandarin Oranges, Roll	26. <b>Birthday Day!</b> Spaghetti w/ Meat Sauce, Italian Green Beans, Tossed Salad, Peach Crisp, Garlic Bread, Cake, Ice Cream <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 3/26/26: Egg Salad on Croissant with Sides</b>
30. Cabbage Roll, Cheesy Potatoes, Normandy Blend Vegetables, Blueberries, Wheat Bread	31. Chicken Teriyaki over Brown Rice, Stir Fry Vegetables, Diced Carrots, Pineapple, Wheat Bread <b>Salad:</b> Chef Salad w/ Turkey Ham			

**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.**