

GLCAP Sandusky County Senior Menu for September 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. Chicken Alfredo, Italian Blend Vegetables, Stewed Tomatoes, Mandarin Oranges, Garlic Bread Salad: Chef Salad w/ Turkey Ham	2. Baked Steak w/ Peppers and Onions, Baked Potato, Caribbean Blend Vegetables, Mango, Wheat Bread, Cookie	3. Fish Sandwich on Bun, Cheesy Potatoes, Glazed Carrots, Blueberries Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 9/3/26: Ham and Cheese Wrap with Sides
7. Closed Holiday! *Holiday Frozen for HDM sent out on 8/31/26*	8. Sausage Gravy over Biscuit, Hashbrown Cubes, Creamed Peas, Orange Juice Salad: Garden Salad / Cheese Stick	9. Cubed Steak, Mashed Potatoes and Gravy, Steamed Broccoli, Tropical Fruit, Wheat Bread	10. Calico Beans, Baby Baker Potatoes, Riviera Blend Vegetables, Pears, Corn Bread Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 9/10/26: Southwest Chicken Pasta with Sides
14. Italian Chicken Breast, Roasted Red Potatoes, Mixed Vegetables, Fruit Cocktail, Wheat Bread, Brownie	15. Meatball Sub, California Blend Vegetables, Tossed Salad, Apple Crisp Salad: Chef Salad w/ Chicken	16. Beefy Chili, Spinach Salad, Potato Salad, Grapes, Pudding, Corn Bread	17. Sweet and Sour Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Pineapple, Wheat Bread Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 9/17/26: Italian Sub Sandwich with Sides
21. Cubed Steak, Mashed Potatoes and Gravy, Buttered Corn, Strawberries, Wheat Bread	22. Agency Day! Closed *Frozen Meal for HDM sent out on 9/15/26*	23. Spaghetti and Meat Sauce, Cauliflower, Tossed Salad, Cherry Crisp, Garlic Bread, Cookie	24. Birthday Day! Baked Ham, Sweet Potatoes, Capri Blend Vegetables, Hawaiian Delight, Roll, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 9/30/26: Chicken Salad on Croissant with Sides
28. Beefy Goulash, Diced Carrots, Brussels Sprouts, Apricots, Muffin, Cookie	29. Chicken Cordon Bleu, Au Gratin Potatoes, Green Beans, Applesauce, Wheat Bread Salad: Garden Salad / Cheese Stick	30. Beef and Noodles, Succotash, Harvard Beets, Pineapple, Cottage Cheese, Wheat Bread		Box Lunch out on Thursday 10/1/26: Turkey and Cheese Sandwich 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.