

# GLCAP Sandusky County Senior Menu for April 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. Beefy Goulash, Succotash, Riviera Blend Vegetables, Mandarin Oranges, Corn Bread	2. BBQ Chicken Breast, Sweet Potatoes, California Blend Vegetables, Melon, Wheat Bread <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 4/2/26: Ham and Cheese Sandwich with Sides</b>
6. Swedish Meatballs over Parslied Noodles, Harvard Beets, Peas w/ Pearl Onions, Pears, Wheat Bread, Lemon Square	7. Turkey Tetrizzini, Tomatoes and Zucchini, Key West Blend Vegetables, Peaches, Garlic Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	8. Hamburger Gravy over Mashed Potatoes, Buttered Corn, Blueberries, Garlic and Cheddar Biscuit, Cookie	9. Smothered Pork Chop, Collard Greens, Scalloped Potatoes, Applesauce, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 4/9/26: Italian Pasta Salad w/ Ham and Sides</b>
13. Chicken Marsala, Roasted Red Potatoes, Steamed Broccoli, Mixed Fruit, Wheat Bread, Brownie	14. Macaroni and Cheese w/ Ham, Stewed Tomatoes, Steamed Peas, Strawberries, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	15. Roast Beef and Swiss on Bun, Potato Salad, Minestrone Soup, Apricots, Brownie	16. Stuffed Pepper, Mashed Potatoes and Gravy, Northwest Blend Vegetables, Pineapple, Cottage Cheese <b>Salad:</b> Garden Salad / Cheese Stick	<b>Box Lunch out on Thursday 4/16/26: Greek Chicken Pasta Salad with Sides</b>
20. Broccoli and Cheddar Stuffed Chicken Breast, Baby Baker Potatoes, Green Beans, Mandarin Oranges, Wheat Bread	21. Beef and Bean Burrito over Spanish Rice, Corn and Black Beans, Tossed Salad, Apple Crisp <b>Salad:</b> Chef Salad w/ Chicken	22. Chicken Florentine, Baby Baker Potatoes, Italian Green Beans, Mixed Fruit, Garlic Bread	23. <b>Birthday Day!</b> Baked Meatloaf, Cheesy Potatoes, Mixed Vegetables, Ambrosia Salad, Roll, Cake, Ice Cream <b>Salad:</b> Chef Salad w/ Turkey Ham	<b>Box Lunch out on Thursday 4/23/26: Chicken Salad on Croissant with Sides</b>
27. Mushroom Steak, Baked Potato, Capri Blend Vegetables, Pears, Wheat Bread, Cookie	28. Veal Parmesan, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread <b>Salad:</b> Chef Salad w/ Turkey Ham	29. Country Fried Steak, Mashed Potatoes and Gravy, Green Beans, Applesauce, Biscuit	30. Tuna Noodle Casserole, Harvard Beets, Steamed Peas, Peaches, Wheat Bread <b>Salad:</b> Chef Salad w/ Chicken	<b>Box Lunch out on Thursday 4/30/26: Turkey and Cheese Sandwich with Sides</b>

**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.**