

GLCAP Sandusky County Senior Menu for April 2024

(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 Diced Carrots Succotash / Pears Corn Bread / Brownie	2. Kielbasa, Mashed Potatoes and Gravy, Sauerkraut, Strawberries, Wheat Bread Salad: Chef Salad w/ Chicken	3. Chicken Parm, Green Beans Roasted Red Potatoes, Peaches, Garlic Bread, Cookie	4. Taco Skillet (Beef, Rice, Beans), Tossed Salad, Seasoned Black Beans, Blueberry Crisp Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 4/4/24: Ham and Cheese Sandwich
8. Closed – Solar Eclipse	9. Potato Crusted Tilapia, Steamed Broccoli, Sliced Carrots, Pineapple, Wheat Bread, Yogurt Salad: Chef Salad w/ Turkey Ham	10. Turkey Gravy over Mashed Potatoes Mixed Vegetables Cherry Crisp Biscuit	11. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Mixed Fruit, Wheat Bread Salad: Chef Salad w/ Chicken	12. Chicken Marsala Au Gratin Potatoes Key West Vegetable Blend Apricots Wheat Bread / Lemon Bar
15. Beef Tips over Mashed Potatoes Peas and Carrots Apricots Garlic Cheddar Biscuit / Cookie	16. BBQ Pulled Pork on Bun, Sweet Potato Fries, Cole Slaw, Apple Crisp Salad: Garden Salad / Cheese Stick	17. Shepherd's Pie Butter Beans Stewed Tomatoes Mandarin Oranges Roll	18. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Pineapple, Wheat Bread Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 4/18/24: Chicken Bacon Ranch Pasta
22. Stuffed Peppers Scalloped Potatoes Nantucket Blend Vegetables Blueberries / Wheat Bread	23. Smothered Pork Chop, Mashed Potatoes and Gravy, Collard Greens, Peaches, Corn Bread Salad: Chef Salad w/ Chicken	24. Chicken Florentine Baby Bakers Diced Carrots Applesauce / Wheat Bread	25. Birthday Day! Italian Sausage Rigatoni, Riviera Blend Vegetables, Tossed Salad, Ambrosia Salad, Garlic Bread, Cake, Ice Cream Salad: Garden Salad / Cheese Stick	Box Lunch out on Thursday 4/25/24: Egg Salad on Croissant
29. Mushroom Steak Baked Potato Squash Blend Vegetables Mixed Fruit / Wheat Bread	30. Tuna Noodle Casserole, Harvard Beets, Green Beans, Mandarin Oranges, Muffin Salad: Chef Salad w/ Turkey Ham	*One Trip Salad Bar at the Fremont Senior Center open on Wednesdays by reservation only. Dine in only, no carry-out.		

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.