

**GLCAP Sandusky County
Senior Menu June 2022**

Suggested Donation of \$3.00 per meal. 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
Serving Sizes — Entrée, Meat & Casserole – 3 oz.; Vegetable, Fruit & Dessert – ½ cup;
Bread/Bread Alternate — 1 slice or ½ cup; Milk – 8 oz. served with every meal

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to changes without notice. Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.	Beginning week of June 6th , a box lunch will be sent out Thursdays for Friday when meals will not be delivered for Home Delivered Meal Consumers.	1 Meatball Sub Buttered Corn Baked Beans Mandarin Oranges / Cookie	2 Congregate Box Lunch: Italian Pasta Salad w/ Ham	3 Sweet and Sour Chicken over Brown Rice, Steamed Broccoli, Grapes, Wheat Bread Salad: Garden Salad / Cheese Stick
6 Cabbage Roll Mashed Potatoes and Gravy, Succotash Pineapple/Cottage Cheese Wheat Bread	7 Chipped Beef over Biscuit, Peas and Carrots, Harvard Beets, Strawberry Applesauce Salad: Chef Salad w/ Chicken	8 Chili (Beef and Bean) Spinach Salad Potato Salad Strawberries Cornbread/ Nutty Buddy Bar	9 Macaroni and Cheese, Stewed Tomatoes, Collard Greens, Peaches, Wheat Bread Salad: Chef Salad w/ Turkey Ham	
13 Salisbury Steak Baked Potato Riviera Blend Vegetables Pears Roll/Brownie	14 Turkey Breast, Sweet Potatoes, Brussels Sprouts, Mixed Fruit, Wheat Bread Salad: Garden Salad/ Cheese Stick	15 Taco Skillet (Beef, Beans, Rice) Mixed Vegetables Lettuce Cup Blueberry Crisp	16 Honey Dijon Chicken, Au Gratin Potatoes, Peas w/ Pearl Onions, Mandarin Oranges, Muffin Salad: Chef Salad w/ Chicken	
20 Closed/Holiday*	21 Kielbasa, Mashed Potatoes and Gravy, Sauerkraut, Apricots, Roll Salad: Chef Salad w/ Chicken	22 Chicken Kiev Scalloped Potatoes Caribbean Blend Vegetables Melon Muffin/Gelatin Cup	23 Birthday Day! Pot Roast, Mash Potatoes and Gravy, Baby Carrots, Strawberry Delight, Roll, Cake, Ice Cream Salad: Chef w/ Turkey Ham	
27 Closed *	28 BBQ Chicken, Cheesy Potatoes, Mixed Vegetables, Tropical Fruit, Muffin Salad: Garden Salad/ Cheese Stick	29 Beefy Goulash Winter Blend Vegetables Baby Bakers Orange Sections Cornbread / Lemon Bar	30 Fish Sandwich, Potato Wedges, Nantucket Blend Vegetables, Applesauce Salad: Chef Salad w/ Chicken	

CALL 24 HOURS IN ADVANCE TO SCHEDULE A Grab & Go Meal Fremont — 419-334-8383 option 1.
Home-delivered meal or cancellations, call 419-332-4032. For ingredient content only, call GLCAP Food Service at 419-333-1402.

* Frozen meals for June 20 and 27 will be delivered the week of June 13*