

**GLCAP Sandusky County
Senior Menu September 2021**

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
"I love the food; I love every bit! And all of you guys do a great job!" - Meals on Wheels Consumer		1 Calico Beans, Baby Bakers, Scandinavian Vegetables, Apricots, Corn Bread	2 Sweet and Sour Chicken over Brown Rice, Oriental Vegetables, Diced Carrots, Orange Juice, Wheat Bread	3 Turkey Tetrizzini, Italian Green Beans, Tossed Salad, Pear and Cherry Crisp, Garlic Bread. Salad: Chef Salad w/ Turkey Ham
6	7 Ham and Swiss on Bun, Potato Soup, Carrot Sticks / Ranch, Mixed Fruit, Pudding Salad: Chef Salad w/ Chicken	8 Chicken Alfredo Steamed Broccoli Stewed Tomatoes Mandarin Oranges Garlic Bread	9 Country Fried Steak Mashed Potatoes and Gravy, Steamed Corn Blueberries Roll / Cookie	10 Tuna Noodle Casserole, Peas and Onions, Harvard Beets, Pineapple / Cottage Cheese, Wheat Bread Salad: Garden Salad
13 Cabbage Roll, Mashed Potatoes and Gravy, Lima Beans, Peaches, Wheat Bread / Cookie	14 Honey Dijon Chicken, Breast, Mixed Vegetables, Tri-Colored Potatoes, Strawberry Applesauce, Wheat Bread, Salad: Chef Salad w/Turkey Ham	15 Swedish Meatballs over Parslied Noodles Steamed Broccoli Sliced Carrots Pears / Wheat Bread	16 Turkey Breast, Mashed Potatoes and Gravy, Green Beans, Mandarin Oranges, Roll / Lemon Bar	17 Baked Ham, Sweet Potatoes, Spinach Soufflé, Melon, Wheat Bread Salad: Chef Salad w/ Chicken
20 Chicken Cacciatore, Garden Blend Vegetables, Baked Potato, Mixed Berries, Wheat Bread / Brownie	21 Herbed Tilapia with Brown Rice, Asparagus, Parsley Carrots, Tropical Fruit, Wheat Bread Salad: Garden Salad	22 Chicken Kiev, Cheesy Potatoes, Maui Blend Vegetables, Pineapple, Wheat Bread	23 Birthday Day! Baked Meatloaf, Garlic Mashed Potatoes, Tuscan Asiago Vegetables, Sunset Salad / Roll Cake / Ice Cream	24 Cheeseburger on Bun, Baked Beans, Cole Slaw, Apple Crisp Salad: Chef Salad w/ Turkey Ham
27 Beef Tacos Lettuce / Cheese Refried Beans Blueberry Crisp	28 BBQ Pork Riblet, Sweet Potatoes, Green Beans Strawberries, Wheat Bread, Cookie Salad: Chef Salad w/ Chicken	29 Staff In-Service Day No Home Meal Delivery or In-person congregate dining. Gibsonburg Site will be closed	30 Beef and Vegetable, Soup, Spinach Salad, Potato Salad, Fruit Salad, Corn Bread	Menu subject to changes without notice. Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.

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