

**GLCAP Sandusky County
Senior Menu December 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
Menu subject to changes without notice. Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.		1 Roast Beef and Swiss on Bun Potato Soup 3-Bean Salad Peaches / Lemon Bar	3 Chicken Taco Refried Beans Blueberry Crisp Tossed Salad	4 Sweet Potato Crusted Pollock, Sliced Carrots, Cheesy Potatoes, Pears, Wheat Bread, Cookie Salad: Caesar Salad w/ Chicken
6 Meatball Sub Steamed Broccoli Roasted Squash Mixed Berries	7 Ham and Potato Skillet, Green Beans, Diced Carrots, Pineapple, Cottage Cheese, Wheat Bread Salad: Garden Salad/ Cheese Stick	8 Honey Dijon Chicken Mixed Vegetables Oven Roasted Potatoes Strawberry Applesauce Wheat Bread / Brownie	9 Beefy Chili Spinach Salad Potato Salad Mango, Corn Bread	10 Turkey Gravy over Mashed Potatoes, Buttered Corn, Cherry Crisp, Roll Salad: Chef Salad w/Turkey Ham
13 Calico Beans Baby Bakers Scandinavian Vegetables Apricots Corn Bread	14 Chicken Alfredo, California Blend Vegetables Stewed Tomatoes, Mandarin Oranges, Garlic Bread. Salad: Chef Salad w/Turkey Ham	15 Staff In-Service Day No Home Meal Delivery or In-person congregate dining. Gibsonburg Site will be closed	16 Birthday Day! Pot Roast Mashed Potatoes/Gravy Riviera Blend Vegetables Strawberries/Dinner Roll Cake/Ice Cream	17 Cheeseburger on Bun, Baked Beans, Cole Slaw, Apple Crisp Salad: Chef Salad w/ Chicken
20 Beef and Noodles Succotash, Nantucket Vegetable Blend, Pears, Wheat Bread	21 Sweet and Sour Pork over Brown Rice, Oriental, Vegetables, Diced Carrots Orange Juice, Wheat Bread Salad: Chef Salad w/Chicken	22 Chicken Kiev, Roasted Red Mashed Potatoes, Maui Blend Vegetables, Tropical Fruit, Wheat Bread	23 Thanksgiving Lunch Baked Ham, Sweet Potatoes Green Bean Casserole, Fruit Salad, Roll / Cookie	24 Closed 
27 Closed	28 Chipped Beef over Biscuit, Peas and Carrots, Harvard Beets, Peaches Salad: Garden Salad / Cheese Stick	29 Roots Shredded Chicken Sandwich Sweet Potato Cubes Riviera Blend Vegetables Cookie	30 Hamburger Gravy over Mashed Potatoes Mixed Vegetables Mandarin Oranges Garlic Cheddar Biscuit	31 Closed

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.