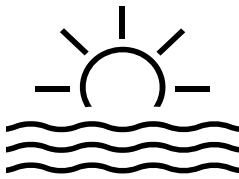
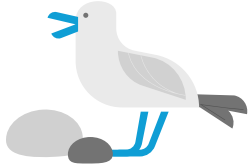




OlyCAP

Tri Area Community Center June 2026 Senior Nutrition Menu

Meal service begins at 4:00 pm Call 360-390-4013 24 hours in advance for reservations

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Coleslaw Taco Salad Chips and Salsa Watermelon Dessert	Green Salad Creamed Chicken Over Biscuit Corn Fruit Dessert	Cottage Cheese With Fruit Spanish Meatballs Mashed Potato Green Beans Fruit/Dessert	No Dinner	Chef's Salad Clam Chowder Garlic Bread Grapes Dessert
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Italian Pasta Salad Ham Baked Beans Corn Fruit Dessert	Spring Salad Meatloaf Mashed Potato Peas Fruit Dessert	Green Salad Chicken and Rice Casserole Rolls Green Beans Fruit/Dessert	No Dinner	Pea Salad Beef Stroganoff Over Noodles Green Beans Fruit Dessert
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Green Salad Lasagna Garlic Bread Mixed Veg Fruit Dessert	Coleslaw BBQ Pulled Pork Sandwich Baked Beans Corn Fruit/Dessert	Pea Salad Polish Sausage Sauerkraut Mashed Potato Corn Fruit/Dessert	No Dinner	Closed For Juneteenth
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Green Salad Chicken Tetrazzini Rolls Orange Dessert	Coleslaw Baked Fish Rice Pilaf Peas Fruit Dessert	Yogurt with Berries Turkey Stuffing Gravy Corn Fruit/Dessert	No Dinner	Cottage Cheese with Fruit Salisbury Steak Mashed Potato Green Beans Fruit/Dessert
Monday 29	Tuesday 30			
Green Salad Spaghetti Garlic Bread Green Beans Fruit Dessert	Coleslaw Chicken Salad Sandwich on Croissant Potato Salad Grapes/Dessert			

Menu Subject to change without notice. Reservations required 24 hours in advance of meal.
Meals are provided for a suggested voluntary donation of \$3.00 per meal (Age 60 and over)
Guest charge is \$8.00

Whole Wheat Bread and Milk or Milk Alternative offered daily

