



OlyCAP

Tri Area Community Center May 2026 Senior Nutrition Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday 1
			No Dinner	Caesar Salad Spaghetti Green Beans Garlic Bread Fruit Dessert
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Green Salad Pork Roast Stuffing Gravy Lima Beans Fruit/Dessert	Three Bean Salad Creamed Chicken over Biscuit Carrot Fruit Dessert	Cottage Cheese w/Fruit Cheese Ravioli w/Marinara Sauce Green Beans Fruit/Dessert	No Dinner	Chef's Salad Minestrone Soup Garlic Bread Grapes Dessert
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Spring Salad Sloppy Joes Mashed Potato Peas Fruit Dessert	Cottage Cheese w/Fruit Liver and Onion Mashed Potato Mixed Veg Fruit/Dessert	Chef's Salad French Dip w/Au Jus Italian Pasta Salad Grapes Dessert	No Dinner	Yogurt with Berries Swedish Meatballs Mashed Potato Peas Rolls Fruit/Dessert
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Applesauce Chicken Fried Steak Mashed Potato Gravy Corn Fruit/Dessert	Green Salad Hot Dogs w/Fixings Baked Beans Corn Orange Dessert	Caesar Salad Chicken Alfredo Rolls Corn Cantaloupe Dessert	No Dinner	Chef's Salad Beef Chili Cornbread Pineapple Dessert
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Closed for Memorial Day	Green Salad Italian Baked Chicken Stuffing Green Beans Fruit/Dessert	Coleslaw Baked Fish Rice Pilaf Peas Fruit Dessert	No Dinner	Pea Salad Cheeseburger w/Fixings Potato Salad Watermelon 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

