



OlyCAP

Tri Area Community Center

September 2026 Menu

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

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Green Salad Chicken Burger Potato Chips Watermelon Dessert	Green Salad Spaghetti Green Beans Garlic Bread Dessert	No Dinner	Cottage Cheese with Mandarin Oranges Polish Sausage Sauerkraut Mashed Potato Peas/Dessert
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Closed For Labor Day	Pea Salad Chicken Ala King Over Biscuit Green Beans Dessert	Chef's Salad Minestrone Soup Garlic Bread Grapes Dessert	No Dinner	Italian Pasta Salad Sloppy Joes Mashed Potatoes Peas Dessert
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Yogurt with Berries Beef Stroganoff over Noodles Mixed Veg Rolls Dessert	Applesauce Lasagna Garlic Bread Green Beans Dessert	Chef's Salad Beef Chili Cornbread Watermelon Dessert	No Dinner	Coleslaw Chicken Enchilada Spanish Rice Corn Dessert
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Green Salad Swedish Meatballs Mashed Potato Lima Beans Rolls Dessert	Applesauce Baked Ham Au Gratin Potato Green Beans Rolls Dessert	Green Salad Meatloaf Mashed Potato Gravy Peas Dessert	No Dinner	Coleslaw Baked Fish Rice Pilaf Peas Dessert
Monday 28	Tuesday 29	Wednesday 30		
Green Salad Pork Roast Mashed Potato Gravy Corn Dessert	Cottage Cheese with Fruit Salisbury Steak Mashed Potato Peas Dessert	Applesauce Chicken Fried Steak Mashed Potato Corn Dessert		

Menu Subject to change without notice. Reservations are required 24 hours in advance of meal. Meals are provided for a suggested voluntary donation of \$3.00 per meal