OlyCAP

Tri Area Community Center

August 2026 Menu

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

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Green Salad Salisbury Steak Mashed Potato Peas Dessert	Green Salad Creamed Chicken over Biscuits Green Beans Cantaloupe Dessert	Applesauce Hungarian Goulash Over Noodles Peas Rolls Dessert	No Dinner	Pea Salad Cheese Ravioli w/ Marinara Sauce Garlic Bread Mixed Veg Dessert
Monday 10	**Tuesday 11**	**Wednesday 12**	**Thursday 13**	**Friday 14**
Cottage Cheese with Fruit Pepper Steak Rice Peas Dessert	Green Salad Italian Baked Chicken Stuffing Green Beans Dessert	Coleslaw BBQ Pork Sandwich Mashed Potato Corn Dessert	No Dinner	Green Salad Spanish Meatballs Mashed Potato Green Beans Dessert
Monday 17	**Tuesday 18**	**Wednesday 19**	**Thursday 20**	**Friday 21**
Pea Salad Meatloaf Mashed Potato Gravy Green Beans Dessert	Cucumber Salad Baked Ziti Garlic Bread Peas Orange Dessert	Chef's Salad French Dip w/Au Jus Italian Pasta Salad Watermelon Dessert	No Dinner	Coleslaw Black Bean and Tortilla Casserole Corn Pineapple Dessert
Monday 24	**Tuesday 25**	**Wednesday 26**	**Thursday 27**	**Friday 28**
Yogurt with Berries Chicken Fried Steak Mashed Potato Gravy Corn Dessert	Cottage Cheese w/Fruit Beef Stroganoff Over Noodles Green Beans Dessert	Chef's Salad Clam Chowder Garlic Bread Watermelon Dessert	No Dinner	Green Salad Quiche Rolls Green Beans Dessert
Monday 31				
Coleslaw Baked Fish Rice Pilaf 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