



## Tri Area Senior Center

### AUGUST 2021 Senior Nutrition Menu

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

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Green Salad Spaghetti w/Meat Sauce Broccoli Garlic Bread Fruit Dessert	Chef Salad Chicken Corn Chowder Garlic Bread Fruit Dessert	Pea Salad Pork w/Stuffing Steamed Carrots Fruit Dessert	CLOSED	Fruit Parfait Smothered Chicken Thighs Mashed Potato Vegetable Dessert
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Cobb Salad Kielbasa w/Vegetables Fruit Dessert	Green Salad BBQ Pork Sandwich French Fries Fruit Dessert	Green Salad Beef Stroganoff w/Egg Noodles Green Beans Fruit Dessert	CLOSED	Chef Salad w/Egg Deli Roast Beef Sandwich Chips Fruit Dessert
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Pea Salad Baked Chicken Baked Potato Steamed Broccoli Fruit Dessert	Coleslaw Fish Tacos Spanish Rice Fruit Dessert	Green Salad French Dip on Hoagie Roll Au Jus Steak Fries Fruit & Dessert	CLOSED	Green Salad Chicken Fried Steak Mashed Potato Steamed Peas Fruit Dessert
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Caesar Salad Grilled Cod Fillet Roasted Potatoes Asparagus Fruit Dessert	Green Salad Grapes Chicken Cordon Bleu Alfredo w/Noodles Broccoli Dessert	Green Salad Beef Stew Biscuit Fruit Dessert	CLOSED	Green Salad Liver and Onions Fried Potatoes Corn Fruit Dessert
Monday 30	Tuesday 31	Wednesday	Thursday	Friday
Spring Salad w/Strawberries Navy Bean Soup w/Ham Cheddar Biscuit Dessert	Green Salad Chili Cornbread 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 \$5.00 per meal (Age 60 and over)  
Guest charge is \$8.00

Whole Wheat Bread and Milk or Milk Alternative offered daily

