



OlyCAP

Tri Area Community Center
JANUARY 2025 Senior Nutrition Menu

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

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
		CLOSED NEW YEAR'S DAY	CLOSED	No Dinner
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Pea Salad Creamed Chicken over Biscuit Green Beans Fruit Cup Dessert	Applesauce Sloppy Joes w/Fixings Mashed Potato Corn Fruit/Dessert	Chef's Salad Clam Chowder Crackers Garlic Bread Grapes Dessert	CLOSED	Green Salad Baked Ham Au Gratin Potato Corn Orange Dessert
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Applesauce Roast Pork Stuffing Gravy Peas Fruit/Dessert	Pea Salad Salisbury Steak Mashed Potato Peas Orange Dessert	Green Salad French Dip w/Au Jus Macaroni Salad Grapes Dessert	CLOSED	Cottage Cheese w/Fruit Liver & Onions Mashed Potato Mixed Veg Fruit/Dessert
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
CLOSED MARTIN LUTHER KING JR. DAY	Caesar Salad Spaghetti w/Meat Sauce Mixed Veg Garlic Bread Fruit/Dessert	3 Bean Salad Tuna Casserole w/Macaroni Noodles Peas Rolls Fruit/Dessert	CLOSED	Coleslaw BBQ Pulled Pork Sandwich Baked Beans Corn Fruit/Dessert
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Green Salad Polish Sausage w/Sauerkraut Mashed Potato Green Beans Fruit/Dessert	Green Salad Meatloaf Mashed Potato Mixed Veg Orange Dessert	Coleslaw Baked Fish Rice Pilaf Peas Orange Dessert	CLOSED	Cottage Cheese w/Fruit Chicken Fried Steak Mashed Potato Corn Fruit/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

