

Tri Area Community Center

MARCH 2025 Senior Nutrition 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 Chicken Burger w/Fixings Tater Tot Corn Orange Dessert	Three Bean Salad Tuna Casserole Peas Rolls Fruit Dessert	Applesauce Beef Stroganoff w/Egg Noodles Green Beans Orange Dessert	CLOSED	Cottage Cheese w/Fruit Liver & Onions Mashed Potato Mixed Veg Fruit Dessert
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Green Salad w/Egg Beef Chili Cornbread Orange Dessert	Green Salad Chicken Salad Sandwich on Croissant Potato Salad Fruit/Dessert	Caesar Salad Cheese Stuffed Ravioli w/Marinara Sauce Cauliflower Fruit/Dessert	CLOSED	Chef's Salad Clam Chowder Cheddar Biscuit Orange Dessert
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Applesauce Corned Beef & Cabbage Carrots & Potatoes Fruit Dessert	Coleslaw Baked Fish Rice Pilaf Tartar Sauce Fruit Cup Dessert	Pea Salad Polish Sausage with Sauerkraut Mashed Potato Green Beans Fruit Dessert	CLOSED	Caesar Salad Chicken Fried Steak Mashed Potato Steamed Peas Oranges Dessert
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Green Salad Meatloaf Mashed Potatoes Mixed Veg Fruit Dessert	Applesauce Pork Roast Stuffing Steamed Carrots Apple Dessert	Coleslaw Creamed Chicken Over Rice Steamed Corn Rolls Oranges Dessert	CLOSED	Cottage Cheese w/Fruit Spaghetti w/Meat Sauce Garlic Bread Steamed Carrots Fruit Dessert
Monday 31	Tuesday	Wednesday	Thursday	Friday
Green Salad Sloppy Joes Mashed Potato Peas Oranges 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

