



NISQUALLY
ELDERS PROGRAM
sq'ali?abš sluḵluḵaltxʷ

September 2026

Menu Subject to Change

Tuesday	Wednesday	Thursday	Friday
1 Smothered Pork Chops Roasted Veggies Wilted Spinach	2 Beef Tips & Gravy Egg Noodles Corn	3 Cheeseburgers Fries	4 Chicken & Dumpling Soup Ham Sandwich
8 Creamy Salmon Alfredo Pasta Veggie Blend	9 Salsa Chicken Cilantro-Lime Rice Pinto Beans	10 Salisbury Steak Mashed Potatoes Peas & Carrots	11 Taco Soup & Tortilla Chips
15 Sausage & Sauerkraut Oven Potatoes Green Beans	16 Mushroom Chicken Stir-Fried Noodles Steamed Veggies	17 Hamburger & Potato Casserole Veggies Wheat Bread	18 Caldo de Pollo (Chicken Soup) Red Rice
22 Chicken Salad Wrap Baked Chips	23 Pot Roast Roasted Potatoes Broccoli Spears	24 Fried Salmon Baked Beans Mac Salad	25 Split Pea Soup Turkey Sandwich
29 Baked Cod Brown Rice Roasted Kale	30 Baked Ziti Veggie Blend Garlic Toast	31 Sausage Links Bacon Potatoes Scrambled Eggs	

The Elder's
Program is
located at:

4842

Journey ST
SE, Olympia
WA 98513

(Next to the
Health Clinic)

Phone:

(360)486-9546

Lunch Service:

Tuesday—Friday

12:00pm—1:00pm

****There is a
charge of \$8.00
for non-eligible
meal guests.****

pədtəlus - "Time When The Salmon Begin To Run"