

# JULY menu

Join us for a fresh, healthy meal cooked in-house!

**Reservation required! To make a reservation, please call (610) 323-5009 by Monday the week before you plan to join us.**

- A free lunch is provided via a drive-through. You must reserve your meals by 4:00 on Monday of the prior week (at least 7 days ahead).
- There is an OPTIONAL, anonymous, suggested donation of \$2.00. All donations are returned to Montgomery County to fund nutrition programs for older adults.
- To be eligible for the free lunch you must be 60 or older, or a TRAAC member.
- Menus are subject to change



Reservation deadline	Monday	Wednesday	Friday
Jun 27	7/4 CLOSED	7/6 - Chicken Florentine Pasta, Caesar Salad	7/8 - Pulled Pork Stuffed Sweet Potato, Green Beans
Jul 5	7/11 - Turkey Burger w/Cheese, Lettuce, Tomato, Cranberry Mayo, Salad	7/13 - Spinach, Cheddar & Mushroom Quiche	7/15 - Fish Sandwich, Cole Slaw, Cottage Fries
Jul 11	7/18 - Sausage pepper & onion Pasta Toss, w/ salad	7/20 - Sloppy Joes w/ green beans & fresh fruit	7/22 - Shrimp & Spinach Lasagna w/ salad & fresh fruit
Jul 18	7/25 - Cheese Stuffed Shells w/ salad & fresh fruit	7/27 - Turkey Wrap w/ cheese & slaw, 3 bean salad, Fresh fruit	7/29 - Cheese Steak stuffed peppers, Salad, Fresh fruit