

SEPTEMBER 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 in our dining room at 12:00. 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



Reserva- tion deadline	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 22				1 Unstuffed cabbage with roll, pears, & roasted potatoes	2 Turkey brie & cranber- ry wrap with spinach & bean herb salad, orange
Aug 29	5 CLOSED	6 French Onion Soup, Veggie Salad , fresh fruit, roll	7 BBQ Pulled Pork, roll, coleslaw, fresh fruit	8 Lasagna, green salad, fresh fruit, roll	9 Tuscan Bean Soup, roll
Sept 6	12 Mandarin Chicken Salad, roll, fresh fruit	13 Ham, Spinach and Swiss Quiche, fresh fruit	14 Chicken Marsala, wild rice, broccoli	15 Chicken Fajitas, fresh fruit	16 TRAAC Picnic – no lunch at the center
Sept 12	19 Chicken Kale Tor- tellini Soup, garden salad, roll	20 Pasta & Meatballs, green salad, roll	21 Broccoli Cheddar Chicken Stuffed Po- tato, salad	22 Chicken Salad Wrap, roasted sweet potato, melon	23 Goulash, green beans, fresh fruit
Sept 19	26 Swedish Meatballs, noodles, cranberry sauce, broccoli	27 Chicken Quesadilla, Mexican street corn slaw, fruit	28 Sloppy Joe, green beans, orange	29 Unstuffed cabbage with roll, pears, & roasted potatoes	30 Turkey brie & cranber- ry wrap with spinach & bean herb salad, & orange