

# OCTOBER 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
Sept 26	3 French Onion Soup, Veggie Salad , fresh fruit, roll	4 BBQ Pulled Pork, roll, coleslaw, fresh fruit	5 Lasagna, green salad, fresh fruit, roll	6 Tuscan Bean Soup, roll	7 White Chili, broccoli, roll
Oct 3	10 Ham, Spinach and Swiss Quiche, fresh fruit	11 Chicken Marsala, wild rice, broccoli	12 Oktoberfest!	13 Egg Salad Sandwich, fruit salad	14 Mandarin Chicken Salad, roll, fresh fruit
Oct 10	17 Pasta & Meatballs, green salad, roll	18 Broccoli Cheddar Chicken Stuffed Potato, salad	19 Chicken Salad Wrap, roasted sweet potato, melon	20 Goulash, green beans, fresh fruit	21 CLOSED
Oct 17	24 Chicken Quesadilla, Mexican street corn slaw, fruit	25 Sloppy Joe, green beans, orange	26 Unstuffed cabbage with roll, pears, & roasted potatoes	27 Turkey brie & cranber- ry wrap with spinach & bean herb salad, & orange	28 Swedish Meatballs, noodles, cranberry sauce, broccoli
Oct 24	31 Tuscan Bean Soup, roll				