

DECEMBER 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
Nov 21				1 Lasagna Salad Fresh fruit roll	2 French Onion Veggie salad Fresh fruit roll
Nov 28	5 Egg Salad sandwich w/ bacon fruit	6 Chicken marsala Wild rice broccoli roll	7 Chicken Fajitas Fruit Beans & rice	8 Mandarin Chicken salad on fresh greens Roll Fresh fruit	9 Ham spinach Swiss spinach quiche Fresh fruit roll
Dec 5	12 Chicken salad Wrap Roasted sweet pota- toes Fresh fruit	13 Chicken & broccoli stuffed potato with Cheese sauce Salad roll	14 Pasta & meatballs Salad roll	15 Chicken kale & tortel- lini soup Fresh salad roll	16 Holiday Lunch
Dec 12	19 Swedish Meatballs Broccoli cranberry sauce	20 Chicken Quesadilla Mexican street corn slaw	21 Unstuffed cabbage Roasted potatoes Fruit Roll	22 Sloppy Joes Green beans Fresh fruit	23 Turkey, brie & cranberry wrap Spinach & bean herb salad Orange
	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED