

NOVEMBER 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
Oct 24		1 White Chili Broccoli roll	2 BBQ Pork sandwich Cole slaw Fresh fruit	3 Lasagna Salad Fresh fruit roll	4 French Onion Soup Veggie salad Fruit roll
Oct 31	7 Mandarin Chicken salad on fresh greens Roll Fresh fruit	8 CLOSED Election Day	9 Chicken marsala Wild rice broccoli roll	10 Ham spinach Swiss spinach quiche Fresh fruit roll	11 Chicken Fajitas Fruit Beans & rice
Nov 7	14 Chicken & broccoli stuffed potato with Cheese sauce Salad roll	15 Chicken kale & tortellini soup Fresh salad roll	16 Thanksgiving Dinner	17 Chicken salad Wrap Roasted sweet potatoes Fresh fruit	18 Pasta & meatballs Salad roll
Nov 14	21 Chicken Quesadilla Mexican street corn slaw	22 Swedish Meatballs Broccoli cranberry sauce	23 Sloppy Joes Green beans Fresh fruit	24 CLOSED Thanksgiving	25 CLOSED
Nov 21	28 Tuscan Bean soup roll	29 BBQ Pork sandwich Cole slaw Fresh fruit	30 White Chili Broccoli roll		