

# February 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



Reservation Deadline	Monday	Tuesday	Wednesday	Thursday	Friday
1/23			2/1 Veggie Lasagna Salad & roll	2/2 Chicken Breast with twice baked potato casserole broccoli & fruit	2/3 Meatloaf Sweet potato Green beans Fruit & roll
1/30	2/6 Taco Salad Fruit & Roll	2/7 Honey Mustard Chicken, green beans, potato salad & roll	2/8 Ham & Cheese Sliders with Tomato Basil Soup	2/9 Meatball Casserole Salad & roll	2/10 Tuna salad & Cheese Turnovers, pepper cabbage, fruit
2/6	2/13 Pasta Elizabeth with ham & peas Salad & roll	2/14 Spinach pie Fruit & roll	2/15 Crab Cake Sandwich with lettuce tomato garlic lemon aioli Apple slaw & fresh fruit	2/16 Pierogi Pie With Salad and roll	2/17 Italian Wedding Soup With fruit and roll
2/13	2/20 Shepherds Pie Brussel sprouts salad	2/21 Chicken Parm Sandwich Salad & fruit	2/22 Cream of Carrot soup Cornbread muffin	2/23 Pork lion mashed sweet potatoes Roasted carrots roll fruit	2/24 Caprese Mac & Cheese with salad
2/20	2/27 Manhattan Clam Chowder With homemade Biscuit	2/28 BBQ chicken Stuffed sweet potato Salad & roll			