

January 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
12/23	1/2 BBQ Chicken stuffed potato & fresh salad	1/3 Manhattan Clam Chowder with homemade biscuit	1/4 Meatloaf roasted potatoes, green beans & fruit	1/5 Baked Chicken Breast, twice baked potato casserole broccoli & pears	1/6 Veggie Lasagna & salad
1/2	1/9 Tuna & cheese turnover, pepper cabbage, & fresh fruit	1/10 Meatball Casserole, & salad	1/11 Honey Mustard Chicken, Green Beans & veggie salad	1/12 Ham & Cheese Sliders, tomato basil soup, roll	1/13 Taco Salad with fresh fruit
1/9	1/16 Pierogi casserole Salad & roll	1/17 Crab Cake Sandwich, tomato lettuce with garlic lemon aioli, Apple slaw, & fresh fruit	1/18 Spinach Pie Fresh fruit & dinner roll	1/19 Pasta Elizabeth with ham & peas in a cream sauce, salad & roll	1/20 Italian Wedding Soup, with pineapple & roll
1/16	1/23 Chicken Parm Sandwich, with salad and fresh fruit	1/24 Shepards pie Brussel sprouts & salad roll	1/25 Cream of Carrot soup w/ corn bread muffin	1/26 Caprese Mac & Cheese & salad	1/27 Pork loin, mashed sweet potatoes, roasted carrots, dinner roll, & fruit
1/23	1/30 Manhattan Clam Chowder with homemade biscuit	1/31 BBQ Chicken stuffed potato & salad			