



June 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.

- 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
5/22			5/31 Cheeseburger Slider, Potato Salad, Cantaloupe & Pineapple	6/1 Harvest Salad (Apple, Chicken, Cranberry, Feta & Pecans), Fresh Fruit & Roll	6/2 Veggie Chili, Stuffed Potato, & Cucumber, Tomato, Red Pepper Salad on Bed of Spinach
5/29	6/5 Chicken Cordon Bleu Sandwich, Brussel Sprouts & Salad	6/6 Tuna Casserole, Roasted Carrots, Fresh Fruit & Roll	6/7 Chicken & Dumplings with Salad	6/8 Crustless Asparagus, Ham & Swiss Quiche, Fresh Fruit & Roll	6/9 Sweet & Sour Meatballs over Rice, Spinach & Broccoli
6/5	6/12 Citrus Chicken Wild Rice, Roasted Tomato & Zucchini Roll	6/13 Meat Loaf, Green Beans, Mashed Sweet Potato & Roll	6/14 Unstuffed Cabbage, Salad, Pears & Roll	6/15 Chicken Orzo Soup & Roll	6/16 Fish Sandwich, Cottage Fries, Cantaloupe & Strawberries
6/12	6/19 New England Clam Chowder, Salad & Roll	6/20 Stuffed Chicken Thigh w/ Feta and Spinach, Sweet Potato, Roasted Cauliflower	6/21 Mini Meatball Soup & Grilled Cheese Sandwich	6/22 Beef Stew Mashed Potato & Peas, Fresh Fruit	6/23 Eggplant Parm w/ Pasta, Broccoli, Garlic Bread & Orange
6/19	6/26 Cheeseburger Sliders, Potato Salad & Fresh Fruit	6/27 Harvest Chicken Salad (Feta, Cranberries, Apple & Pecans) & Fresh Fruit	6/28 Veggie Chili, Stuffed Potato, Cucumber Tomato & Red Pepper Salad on Bed of Spinach	6/29 French Onion Soup, Roast Beef Sliders & Chopped Veggie Salad	6/30 BBQ Pork Cheddar, Apple, Flat Bread, Strawberry & Spinach Salad, & Fresh Fruit