



September Menu

Join us for a fresh, healthy meal cooked in-house!

Reservation required—2 days in advance! To make a reservation, please call (610) 323-5009 or pre-register on Copilot!

- A free lunch is provided in our dining room at 12:00. You must reserve your meals by 4:00 two days before your desired reservation date
- 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

Monday	Tuesday	Wednesday	Thursday	Friday
8/28 Chicken & Dumplings with Salad	8/29 Tuna Casserole, Roasted Carrots, Fresh Fruit & Roll	8/30 Sweet & Sour Meatballs, Rice, Broccoli & Roll	8/31 Asparagus Ham & Swiss Quiche. Fresh Fruit & Roll	9/1 Fish Taco w/ Citrus Wild Rice, Salad & Fresh Fruit
9/4 CLOSED	9/5 Veggie Quiche, Beet Salad & Roll	9/6 Broccoli Chicken, Mac & Cheese, & Fresh Fruit	9/7 Chicken Gnocchi Soup, Oranges, & Roll	9/8 Chicken Salad Melt on Whole Grain English Muffin, White Bean & Veggie Salad
9/11 Butternut Squash Soup w/ Turkey & Swiss Slider, Fresh Fruit	9/10 Chicken Fajitas, Fresh Fruit, & Salad	9/13 Honey Garlic Chicken, Wild Rice, Spinach, Fruit & Roll	9/14 Kielbasa Potato & Cabbage, Fresh Fruit, & Roll	9/15 Chicken Bruschetta Flatbread & Green Salad
9/18 Cheese Steak Casserole, Sweet Potato, Brussel Sprouts, Fruit & Roll	9/19 Italian Sausage w/ Peppers & Onions, Caprese Pasta Salad	9/20 TRAAC PICNIC	9/21 Pork Loin w/ Caramelized Apples & Onions, Roasted Carrots, Potato	9/22 Sloppy Joes, Cottage Fries, Green Beans, Fresh Fruit
9/25 John Wayne Casserole, Black Bean Salad, Fruit & Roll	9/26 Fish Taco, Citrus Wild Rice, Salad, & Cantaloupe	9/27 Crab Cake Sandwich, Carrot & Apple Slaw, & Fruit	9/28 Chicken Lasagna, Salad, Oranges & Roll	9/29 Egg Salad Sandwich w/Arugula, & Fruit