



January 2024 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
1/1 CLOSED—Happy New Year 2024!	1/2 BBQ Pork Stuffed Sweet Potato, Green Beans & Fresh Fruit	1/3 Turkey Tetrizzini With Spinach & Mushrooms, Broccoli & Roll	1/4 Wedding Soup, Fresh Fruit & Roll	1/5 Goulash, Spinach Salad & Roll
1/8 Taco Salad, Fresh Fruit & Roll	1/9 Turkey Sausage Stuffed Pepper, Garden Salad & Roll	1/10 Shepards Pie, Mashed Potato & Chopped Garden Veggie Salad	1/11 Unstuffed Cabbage, Fresh Fruit, Salad & Roll	1/12 Burger, Salad, Mandarin Orange & Roll
1/15 Salmon Cakes, Potato Salad, Cole Slaw & Roll	1/16 Chicken Pot Pie, Homemade Biscuit & Orange	1/17— Birthday Lunch Swedish Meatballs, Egg Noodles, Roasted Carrots, Cranberry Sauce & Roll	1/18 Eggplant Parm, Pasta, Broccoli, Fresh Fruit & Garlic Stick	1/19 Beef Stew, Mashed Potato, Fresh Fruit & Roll
1/22 Meatloaf, Mashed Sweet Potato & Green Bean	1/23 Racheal Turkey Wrap & 3 Bean Salad	1/24 Pierogi Lasagna, Garden Salad & Roll	1/25 Fish & Chips, Cole Slaw & Fresh Fruit	1/26 Manhattan Clam Chowder & Grilled Cheese Sandwich with Tomato
1/29 Tuna Salad Stuffed Tomato, Brussel Sprout Salad & Roll	1/30 Turkey Tetrizzini with Spinach & Mushrooms, Broccoli & Roll	1/31 Goulash, Spinach Salad & Roll	2/1 BBQ Pork Stuffed Sweet Potato, Green Beans & Fresh Fruit	2/2 Wedding Soup, Fresh fruit & Roll