



February 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
			2/1 BBQ Pork Stuffed Sweet Potato Green Beans Fresh Fruit	2/2 Italian Wedding Soup Fresh Fruit Roll
2/5 Shepards Pie w/ Mashed Potatoes Chopped Veggie Salad	2/6 Stuffed Pepper Garden Salad Roll	2/7 Taco Salad Fresh Fruit Roll	2/8 Unstuffed Cabbage Fresh Fruit Salad	2/9 Burger Salad Orange Roll
2/12 Chicken Pot Pie Biscuit Orange	2/13  Eggplant Parm Pasta Broccoli Fresh Fruit Garlic Stick	2/14  Swedish Meatballs Roasted Carrots Cranberry Sauce Roll	2/15 Beef Stew Mashed Potato Fresh Fruit Roll	2/16 Salmon Cakes Cole Slaw Potato Salad Roll
2/19 Fish & Chips Cole Slaw Fresh Fruit	2/20 Turkey Wrap 3 Bean Salad	2/21—  Birthday Luncheon! Meatloaf Sweet Potato Green Bean Roll	2/23 Pierogi Lasagna Garden Salad Fresh Fruit	2/24 Manhattan Clam Chowder Grilled Cheese W/ Tomato
2/26 Goulash Spinach Salad Roll	2/27 Italian Wedding Soup Fresh Fruit Roll	2/28 Turkey Tetrazzini W/ Spinach & Mushrooms Broccoli Roll	2/29 BBQ Pork Stuffed Sweet Potato Green Beans Fresh Fruit	3/1 Tuna Stuffed Tomato Brussel Sprout Salad Roll