



March 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
				3/1 Tuna Salad Stuffed Tomato, Brussel Sprout Salad & Roll
3/4 Shepards Pie, Mashed Potato & Chopped Garden Veggie Salad	3/5 Unstuffed Cabbage, Fresh Fruit, Salad & Roll	3/6 Burger Salad, Mandarin Orange & Roll	3/7 Salmon Cakes, Potato Salad, Cole Slaw & Roll	3/8 Chicken Pot Pie, Homemade Biscuit & Orange Roll
3/11 Swedish Meatballs, Egg Noodles, Roasted Carrots, Cranberry Sauce & Roll	3/12 Eggplant Parm, Pasta, Broccoli, Fresh Fruit & Garlic Stick	3/13 Beef Stew, Mashed Potato, Fresh Fruit & Roll	3/14 Meatloaf, Mashed Sweet Potato & Green Beans	3/15 Racheal Turkey Wrap & 3 Bean Salad
3/18 Pierogi Lasagna, Garden Salad & Roll	3/19 Fish & Chips, Cole Slaw & Fresh Fruit	3/20— BirthDay Lunch Manhattan Clam Chowder & Grilled Cheese Sandwich with Tomato	3/21 Taco Salad, Fresh Fruit & Roll	3/22 Turkey Sausage Stuffed Pepper, Garden Salad & Roll
3/25 Turkey Tetrazzini with Spinach & Mushrooms, Broccoli & Roll	3/26 Goulash, Spinach Salad & Roll	3/27 BBQ Pork Stuffed Sweet Potato, Green Beans & Fresh Fruit	3/28 Wedding Soup, Fresh fruit & Roll	3/29 CLOSED—Good Friday