



May 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--please arrive and be seated before noon so we can serve in a prompt and orderly fashion
- You must reserve your meals by 4:00 two days before your desired reservation date
- Menus are subject to change
- There is an **OPTIONAL**, anonymous, suggested donation of \$2.00. All donations are returned to Montgomery County to fund nutrition programs for older adult
- To be eligible for the free lunch you must be 60 or older and a TRAAC members

Monday	Tuesday	Wednesday	Thursday	Friday
4/29 Burger Salad, Orange, Roll	4/30 Unstuffed Cabbage, Fresh Fruit Salad, Roll	5/1 Baked Haddock, Roasted Carrots, Sweet potato	5/2 Turkey Burger, Beet Salad	5/3 Lasagna, Salad, Fresh Fruit
5/6 Chicken Fajitas, Fresh Fruit, Salad	5/7 Egg Salad Sandwich, Tabbouleh, Fresh Fruit	5/8 Salsbury Steak, Sweet Potato, Peas	5/9 Burger Salad, Watermelon, Roll	5/10 Tuscon Bean Soup, Hot Ham & Cheese Sliders
5/13 Sloppy Joes, Green Beans, Fresh fruit	5/14 Chicken Mandarin & Almond Salad. Fresh Fruit, Roll	5/15 Mac & Cheese, Stewed Tomatoes, Fruit	5/16 Tuna & Pea Pasta Salad, Cantaloupe & Strawberries	5/17 French Onion Soup, Roast Beef Sliders, Chopped Veggie Salad
5/20 Salmon Salad, Roll	5/21 Spinach Pie, Salad, Roll	5/22 Citrus Chicken, Wild Rice, Roasted Tomato & Zucchini	5/23 Butternut Squash Soup, Turkey Slider	5/24 Chicken Cordon Bleu Sandwich, Roasted Brussel Sprouts
5/27 Turkey Burger, Beet Salad	5/28 Baked Haddock, Roasted Carrots, Sweet Potato, Roll	5/29 Chicken Orzo Soup, Roll	5/30 Cobb Salad, Roll	5/31 Lasagna, Salad, Fruit, Roll