



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

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/3 Tuscan Bean Soup Hot Ham & Cheese Sliders	6/4 Salsbury Steak Sweet Potato Peas & Fruit	6/5 Chicken Fajitas Fresh Fruit Salad	6/6 Burger Salad Watermelon roll	6/7 Egg Salad Sandwich Tabbouleh Fresh Fruit
6/10 Mac & Cheese w/ chicken Stewed tomatoes Fresh fruit	6/11 Tuna Pasta salad Cantaloupe & strawberries	6/12 Chicken, Almond & Mandarin Salad Fresh fruit roll	6/13 Sloppy Joes Green Beans Cottage fries Fresh Fruit	6/14 French Onion soup Chopped veggie salad. Roast Beef slider
6/17 Spinach Pie Salad Roll	6/18 Butternut Squash Soup Turkey Slider Fruit	6/19 Citrus Chicken Wild Rice Roasted Tomato & Zucchini	6/20 Salmon Salad Pepper cabbage roll	6/21 Chicken Cordon Bleu Sandwich Roasted Brussel Sprouts Fresh Fruit
6/24 Baked Haddock Roasted Carrots Sweet Potato Fresh fruit Roll	6/25 Cobb Salad Roll	6/26 Chicken Orzo Soup Roll	6/27 Lasagna Salad Fresh Fruit Garlic bread	6/28 Turkey Burger Beet Salad