



August 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
			8/1 Tuscan Bean Soup w/ Ham & Cheese sliders	8/2 Chicken Fajitas Fresh Fruit Salad
8/5 Sloppy Joes Green Beans Cottage Fries Fresh Fruit	8/6 Mac & Cheese w/ Chicken Stewed tomatoes Fresh Fruit	8/7 French Onion Soup Chopped Veggie Salad Roast Beef Slider	8/8 Tuna Pasta Salad w/ Cantaloupe & strawberries	8/9 Chicken Mandarin salad w/ almonds Fresh Fruit Roll
8/12 Butternut Squash Soup Turkey Slider Fresh Fruit	8/13 Citrus Chicken Wild rice Roasted tomatoes & zucchini	8/14 Chicken Cordon Bleu Sandwich Brussel Sprouts Fresh Fruit	8/15 Salmon Salad Pepper Cabbage Roll	8/16 Spinach Pie Salad Roll
8/19 Baked Haddock Carrots Sweet Potato Fresh fruit Roll	8/20 Cobb Salad Roll	8/21 Lasagna Salad Fresh fruit Garlic bread	8/22 Chicken Orzo Soup Roll	8/23 Turkey Burger Beet salad
8/26 Chicken Fajitas Fresh Fruit Salad	8/27 Salsbury Steak Sweet potato Peas & Fruit	8/28 Egg Salad Sandwich Tabbouleh pasta salad	8/29 Burger Salad Watermelon roll	8/30 Tuscan Bean Soup Ham & Cheese Sliders