

# July 2024 Menu



Join us for a fresh, healthy meal cooked in-house!

**Reservation required—2 days in advance!** We do this so we can anticipate the number of meals 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 4:00p 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 adults
- To be eligible for the free lunch you must be 60 or older and a TRAAC member
- Please call to cancel any reservation you cannot keep so we can accommodate any last-minute walk-ins or guests

JULY 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/1 Tuscan Bean Soup Hot Ham & Cheese Sliders	7/2 Salsbury Steak Sweet Potato Peas & Fruit	7/3 Chicken Fajitas Fresh Fruit Salad	7/4 CLOSED	7/5 Egg Salad Sandwich Tabbouleh Fresh Fruit
7/8 Mac & Cheese w/ chicken Stewed tomatoes Fresh fruit	7/9 Tuna Pasta salad Cantaloupe & strawberries	7/10 Chicken, Almond & Mandarin Salad Fresh fruit roll	7/11 Sloppy Joes Green Beans Cottage fries Fresh Fruit	7/12 French Onion Soup Chopped Veggie Salad Roast Beef slider
7/15 Spinach Pie Salad Roll	7/16 Butternut Squash Soup Turkey Slider Fruit	7/17—Birthday Lunch Citrus Chicken Wild Rice Roasted Tomato & Zucchini	7/18 Salmon Salad Pepper cabbage roll	7/19 Chicken Cordon Bleu Sandwich Roasted Brussel Sprouts Fresh Fruit
7/22 Baked Haddock Roasted Carrots Sweet Potato Fresh fruit Roll	7/23 Cobb Salad Roll	7/24 Chicken Orzo Soup Roll	7/25 Lasagna Salad Fresh Fruit Garlic bread	7/26 Turkey Burger Beet Salad
7/29 Egg Salad Sandwich Tabbouleh	7/30 Salsbury Steak Sweet Pot, Peas & Fruit	7/31 Burger salad Watermelon Roll		