



November 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 |
|--|---|---|--|---|
| | | | | 11/1 Beef Stew Mashed potato Fruit & Roll |
| 11/4 Shepards Pie Mashed potato Salad & Roll | 11/5 Closed | 11/6 Tomato & Basil Soup Turkey & Ham Sliders | 11/7 Turkey Mushroom & Spinach Tetrazzini Egg Noodles Peas | 11/8 Sausage, Peppers, & onions over pasta Salad |
| 11/11 Butter garlic Tilapia Brussel Sprouts Sweet Potato | 11/12 Pork Loin w/ roasted apples & onions Potato Wedges Carrots | 11/13 Kielbasa Cabbage & Potato Fruit Roll | 11/14 Baked Ziti w/ mini meatballs Salad Roll | 11/15 Fish Tacos Wild rice and citrus salad |
| 11/18 Creamy Lemon Chicken Mashed Potato Green Beans | 11/19 NE Clam Chowder Fruit roll | 11/20 Turkey Mashed potato Stuffing & peas Roll & Dessert | 11/21 Turkey Racheal Wrap 3 Bean Salad | 11/22 Ham & Swiss Quiche Fruit & Roll |
| 11/25 Crab Cakes Peas & Onions Baked Potato peaches | 11/26 Italian Wedding Soup Pineapple | 11/27 Cheese Ravioli Salad Tangelo | 11/28 Closed | 11/29 Closed |