



# February 2025 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 4:00p 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 over and a TRAAC member



## Kitchen News



- **Omelet Tuesday**—every Tues from 8a-9:30a—Omelet, sausage and hash browns. Members=\$3; Non-members=\$5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/3 Swedish Meatballs, Broccoli, Cranberry Sauce, Roll	2/4 Taco Salad, Fresh Fruit, Roll	2/5 Sloppy Joe, Potato Salad, Fresh Fruit	2/6 Monte Cristo, Fruit	2/7 Chicken Broccoli w/ Wild Rice, Roll, Fruit
2/10 Enchilada Casserole, Corn Bread, Fruit	2/11 Veggie Chili, Cheddar & Garlic Muffin	2/12 Chicken Salad Wrap, Sweet Potato, Fruit	2/13 Crab Cake Sandwich, Cole Slaw, Fruit	2/14 Eggplant Parm, Pasta, Broccoli, Pears 
2/17 Baked Tilapia, Roasted Carrots, Mashed Sweet Potato	2/18 Chicken Quesadilla, Mexican Street Corn Slaw	2/19 Burger Salad, Fruit, Roll 	2/20 Turkey Cranberry Wrap, Herbed Bean Salad	2/21 Salmon Cakes, Butternut Squash, Broccoli, Roll
2/24 Unstuffed Cabbage, Roll, Fruit	2/25 Harvest Salad W/ Chicken, Feta, Cranberries, Pecans, Roll, Fruit	2/26 Chicken Parm Sandwich, Salad, Fruit	2/27 Crustless Quiche w/ Ham, Swiss & Asparagus, Fruit, Roll	2/28 Pasta & Meatballs. Salad. Fruit. Garlic Roll