

THE PEAK Café

*Eligible persons, aged 60 and above or disabled, (or the spouse of an eligible person), are requested to make an anonymous voluntary contribution of \$2.00 for the meal program. These funds are returned to Montgomery County Aging and Adult Services for redistribution to support nutrition programs throughout Montgomery County. We are able to provide this program with support of: Montgomery County Aging and Adult Services, United Way of Greater Philadelphia and Southern New Jersey, The Connelly Foundation, W.W. Smith Charitable Trust, The VNA Foundation of Greater North Penn, The Patricia Kind Foundation and other corporate and individual donations.

Lunch is served at from 11:30 AM to 1:00 PM Monday - Friday. Advanced sign up required – must sign up at The Welcome Desk (215-362-7432) by Thursday of the week before you plan to join us. The community member price (persons under the age of 60) is \$6.95. Menu subject to change without notice.

LUNCH AT PEAK IS SUBSIDIZED BY GRANTS FROM:

*Aging and Adult Services of Montgomery County
 United Way of GPSNJ
 NP United Way
 BNY Mellon Charitable Trusts
 Clemens Foundation
 Fourjay Foundation
 Gemardi Foundation
 TD Bank Foundation
 The Patricia Kind Foundation
 The Philadelphia Foundation
 Walmart Foundation
 W.W. Smith Charitable Trust
 VNA Foundation of Greater North Penn*

May Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese with Tomato Basil Soup Fresh Fruit 1	Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth 2	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll 3	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll 4	Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll 5
Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll 8	Baked Ravioli with Beef Bolognaise Tossed Salad Whole Grain Dinner Roll 9	Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread 10	Baked Reuben in Puff Pastry Tossed Salad 11	Mediterranean Tuna Salad on Mini Croissant Mandarin Oranges 12
Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad 15	Chicken Marsala over Wild Rice Fresh Broccoli 16	Pulled Pork on Cornbread Waffle with BBQ Glaze Fresh Fruit 17	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad 18	Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit 19
Sausage, Pepper & Onions over Roasted Red Potatoes Green Salad 22	Special Luncheon 23	Potato & Cheese Pierogie with Caramelized Onions Green Salad 24	Italian Chicken Stew Green Salad Whole Wheat Roll 25	Open Faced Turkey, Brie & Cran on Ciabatta White Bean and Herb Salad 26
Memorial Day The PEAK Center Closed 29	Grilled Cheese with Tomato Basil Soup Fresh Fruit 30	Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth 31		

June Meal Program (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
Take Out meals are available at a cost of \$4.00 per meal. However, if you are eating in, we respectfully request you wait until others are served before requesting an additional meal for take-out.			Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll 1	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll 2
Chicken & White Bean Chili Tossed Green Salad Cheddar Cornbread 5	Baked Ravioli with Beef Bolognaise Tossed Salad Whole Grain Dinner Roll 6	Baked Reuben in Puff Pastry Tossed Salad 7	Mediterranean Tuna Salad on Mini Croissant Mandarin Oranges 8	Brown Sugar Baked Ham with Pineapple Stuffing & Green Beans Whole Grain Roll 9
Individual Shepherd's Pie Whole Wheat Roll Fresh Fruit 12	Chicken Caesar Salad in a Whole Grain Wrap Quinoa and Lentil Salad Fruit Salad 13	Cheese Steak Flatbread with Sautéed Onions and Mushrooms Zesty Ketchup Drizzle Mixed Greens Salad 14	Pulled Pork on Cornbread Waffle with BBQ Glaze Fresh Fruit 15	Chicken Marsala over Wild Rice Fresh Broccoli 16
Potato & Cheese Pierogie with Caramelized Onions Green Salad 19	Italian Chicken Stew Green Salad Whole Wheat Roll 20	Barbeque Special Luncheon 21	Haddock with White Wine and Tomato Basil Sauce Garden Rice, Green Beans 22	Sausage, Pepper & Onions Over Roasted Red Potatoes Green Salad 23
Fish and Noodle Bowl with Bok Choy & Lemongrass, Ginger Broth 26	Grilled Cheese with Tomato Basil Soup Fresh Fruit 27	Baked Acorn Squash with Apples, Brown Rice Quinoa & Leeks Tossed Salad Whole Wheat Roll 28	Baked Eggplant Parm Tossed Green Salad Whole Wheat Roll 29	Grilled Chicken on Spinach with Feta, Caramelized Onions, Candied Pecans and Cranberries Whole Grain Roll 30