

FEBRUARY 2017 LUNCH MENU

403 Rector Street Philadelphia PA 19128 215-487-1750 www.journeys-way.org

The Center at Journey's Way is a program of Intercommunity Action, Inc.

Lunch is served at Noon daily. If you're going to be late, just give us a call no later than 11:45 am.
Please reserve by WEDNESDAY, NOON for Monday

and by FRIDAY, NOON for Tues-Friday

COST: ● \$4 Age 55 - 59

• \$2 - \$4 optional suggested donation Age 60+ NEW!!! Dairy or egg lunches available by reservation at front desk!

NUTRITION EDUCATION PRESENTATIONS

NUTRITION 4 LIFE
WEDNESDAY, FEB. 8 11:00AM
TOPIC: EASY MEAL PLANNING



1 Cold Lunch Tuna Salad Nicoise

Vegetable Pasta Salad Mandarin Oranges

Hot Lunch

Baked ziti Green & wax beans Tossed salad Mandarin oranges 2 Cold Lunch

Cranberry Almond Chicken Spinach Salad Cauliflower & Broccoli Salad Chocolate Pudding

Hot Lunch

Herb roasted turkey Mashed cauliflower & potato Sugar snap peas Chocolate pudding

Cold Lunch

Sonoma chicken salad

German Potato salad

S/F Vanilla Cake

3 Cold Lunch
Turkey, Ham & Swiss
Succotash Salad
Unsweetened Applesauce

Hot Lunch

Veggie Omelet English Muffin Brandied Peaches Cinnamon Applesauce

6

Sliced Roast Beef w/ Honey Bourbon Sauce Green beans w/ almonds Sweet Potato Cubes Tropical Fruit Mix 7 Cold Lunch

Seafood Salad &
American cheese platter
Marinated tomato & onion
Orange

Hot Lunch

Italian Wedding Soup Grilled Chicken Caprese Cauliflower, Broccoli, Carrots Vegetable pasta salad Cold Lunch

Turkey & Muenster Cheese Sandwich Carrot Raisin Salad Plneapple

Hot Lunch

Balsamic Glazed Pulled Pork

Brown rice, Cowboy Caviar

Hot Lunch

Traditional Meatloaf Seasoned Potato Cubes Peas & Carrots Lite vanilla cake 0 Cold Lunch

Sliced Chicken/Feta Cheese & Beet Salad; Greek Chickpea Salad: Diced Peaches

Hot Lunch

Lemon Butter Baked Fish Mushroom Rice Pilaf Diced peaches

13

Beef Chow Fun Broccoli, noodles Health Salad Oatmeal Cookie 14 Cold Lunch

Grape juice

21

Hard Boiled Egg & Cubed Cheddar Cheese Platter Health Salad; Macaroni salad

Valentine's Meal

Spaghetti & Meatballs

Green Beans w/pepper

Salad w/vinaigrette

Valentine Cup Cake

15 Cold Lunch

Pineapple

Chicken Reuben/ Rye Cole Slaw, 3 Bean Salad Pineapple

Hot Lunch

Chicken Noodle Soup
Orange & Honey glazed
Turkey
Green Beans
Whipped Sweet Potatoes
Pineapple

16 Cold Lunch

Chicken Caprese Salad 3 Bean Salad Mandarin Oranges

Hot Lunch

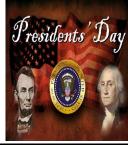
Ground beef with cabbage/ white rice/ sweet & sour sauce Marinated carrot salad Apple Cold Lunch

Italian Hoagie Salad Red Bliss Potatoes Unsweetened Applesauce

Hot Lunch

Crab Cake
Macaroni & Cheese
Zucchini & stewed tomatoes
Spinach & carrots
Unsweetened applesauce

20 CLOSED



Cold Lunch

Egg Salad Sandwich on Pumpernickel Bread Pickled Beet Salad Cowboy Caviar Diced pears

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Hot Lunch
Manicotti & Meatballs
Broccoli & Carrots
Diced pears

22 Cold Lunch

Cottage Cheese & Fruit Platter w/Walnuts Orange

Hot Lunch

Grilled Hawaiian BBQ Chicken Breast w/ pineapple, peppers, onions Rice medley Fresh orange 23 Cold Lunch

Chicken salad platter Broccoli, red onion, cranberry salad Carrot salad Tropical fruit mix

Cheeseburger

Tropical fruit mix

Hot Lunch

Potato Salad. Cole Slaw

4 Cold Lunch

Chicken Caesar Salad Fruited Jello

Celebrate Birthdays!

Hot Lunch

Vegetable Soup, Caesar Salad Baked Fish w/ white wine caper sauce Red Bliss Potatoes Fruited Jello

27

Tomato Soup Macaroni & Cheese w/ Turkey Ham & tomatoes; Sauteed Kale, Spinach & Carrots Mixed Fruit 28 Cold Lunch

Roast Beef & Provolone/ Rye; Lettuce, Tomato Cole Slaw Apple

Hot Lunch

Egg roll in a bowl Marinated cukes/ red peppers Apple

