

APRIL 2016 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 11:45am.

Please reserve by Wed at noon for Monday and Friday by noon for Tues—Friday

COST: • \$4 Age 55 - 59

• \$2 - \$4 optional Suggested donation Age 60+



<p>4</p> <p>Cheeseburger Corn Tomato, cucumber & Onion salad Pineapple</p>	<p>5 Cold Lunch Chef salad Macaroni salad Apple</p> <p>Hot Lunch Thyme roasted chicken thigh Honey carrots Parslied potatoes Apple</p>	<p>6 Cold Lunch Navy bean soup 3 Cheese platter Summertime salad Diced pears</p> <p>Hot Lunch Navy bean soup Fish creole Collard greens Cheesy grits Diced pears</p>	<p>7 Cold Lunch Grilled chicken salad Couscous w/cranberry salad Mandarin oranges</p> <p>Hot Lunch Turkey w/cornbread stuffing Onion sage gravy Mashed sweet potatoes Cauliflower & red peppers Mandarin oranges</p>	<p>1 Cold Lunch Spinach salad w/egg salad Marinated beet salad Pear</p> <p>Hot Lunch Tortilla crusted fish Sugar snap peas Brown Spanish rice w/ cheese Pear</p>
<p>11</p> <p>Chicken fajita Corn, tomato & bean salsa Cucumber & onion salad Diced peaches</p>	<p>12 Cold Lunch Turkey ham & Swiss on pita German potato salad Apple</p> <p>Hot Lunch Turkey ala king Broccoli, peppers & mushroom Noodles Apple</p>	<p>13 Cold Lunch Grilled chicken salad Quinoa & kale salad Tropical fruit</p> <p>Hot Lunch Meatballs with provolone Grilled veggies Spinach & carrots Tropical fruit</p>	<p>14 Cold Lunch Cream of mushroom soup Turkey on rye Coleslaw Apple sauce</p> <p>Hot Lunch Cream of mushroom soup Balsamic glazed chicken Cauliflower & carrots Couscous w/beets</p>	<p>15 Cold Lunch Greek salad w/tuna Chickpea salad Oatmeal cookie</p> <p>Hot Lunch Stuffed lemon pepper fish Brown rice & carrots Sugar snap peas Spiced pineapple, oatmeal cookie</p>
<p>18</p> <p>Tomato soup Hot dog Baked beans Winter veggie blend Diced pears</p>	<p>19 Cold Lunch Turkey salad Lentil, tomato & onion salad Pineapple</p> <p>PASSOVER MEAL Chicken soup w/matzah balls Roasted chicken Carrots & raisins Potato Kugel (pudding) Fruit salad</p>	<p>20 Cold Lunch Asian chicken salad Asian noodle salad Apple cinnamon cake</p> <p>Hot Lunch Meatloaf w/tomato glaze Mashed potato & cauliflower Peas & onions Apple cinnamon cake</p>	<p>21 Cold Lunch Caesar salad w/roast beef Pasta salad Orange wedges</p> <p>CHEF'S SPECIAL  Kielbsa Haluski (cabbage & noodle) Mizeria (Polish cucumber salad)</p>	<p>22 Cold Lunch Seafood salad Marinated wax bean salad Potato salad Mandarin oranges</p> <p>Celebrate Birthdays! Hot Lunch  Baked ziti Tossed salad w/tomato Mandarin oranges</p>
<p>25</p> <p>Chicken pecan w/maple bourbon sauce Cinnamon sweet potatoes Tossed salad Mixed fruit</p>	<p>26 Cold Lunch Italian wedding soup Chicken salad, 3 bean salad</p> <p>Hot Lunch Italian wedding soup Turkey w/honey mustard wine Brussel sprouts Rosemary potatoes Cinnamon applesauce</p>	<p>27 Cold Lunch Chicken taco salad Marinated carrot salad Diced peaches</p> <p>Hot Lunch Stuffed cabbage & meatball Mixed veggies Diced peaches</p>	<p>28 Cold Lunch Turkey & American wrap Broccoli, onion & cranberry salad Chocolate chip cookie</p> <p>Hot Lunch Baked cheddar chicken Broccoli, potatoes Chocolate chip cookie</p>	<p>29 Cold Lunch Spinach salad w/egg salad Marinated beet salad Pear</p> <p>WELLNESS FAIR MENU Assorted hoagies Cole slaw Fruit salad Cookie</p>