

JULY 2016 LUNCH MENU

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

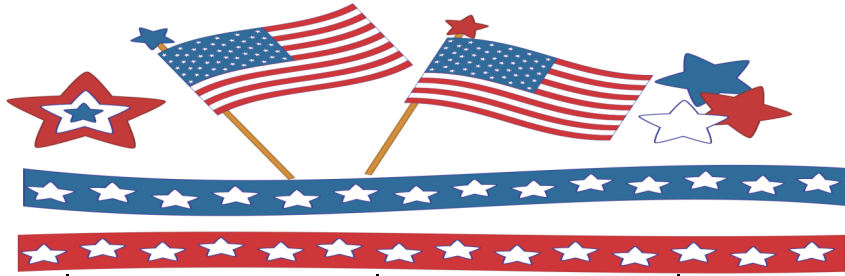
The Center at Journey's Way is a program of Intercommunity Action, Inc.



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 WEDNESDAY, NOON for Monday and by FRIDAY, NOON for Tues—Friday

COST: • \$4 Age 55 - 59

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



<p>5 Cold Lunch Grilled chicken kale caesar 7 grain bread Cherry applesauce</p> <p>Hot Lunch Swedish meatballs Baby carrots Cherry applesauce</p>	<p>6 Cold Lunch Turkey & swiss on wheat Potato salad Plum</p> <p>FESTIVE LUNCH Apple juice Hamburger Corn cobbette Cole slaw Watermelon</p> 	<p>7 Cold Lunch Chicken waldorf salad 3 bean salad Mixed fruit</p> <p>Hot Lunch Rosemary roasted turkey Cornbread stuffing Brussel sprouts Mashed sweet potatoes Mixed fruit</p>	<p>8 Cold Lunch Tuna salad, bagel Carrot, broccoli & raisin salad Fortune cookies</p> <p>Hot Lunch Chicken stir fry Oriental veggie blend Fried rice Fortune cookies</p>	
<p>11 Sliced roast beef & gravy Scalloped potatoes Peas & onions</p>	<p>12 Cold Lunch Asian chicken salad Asian noodle salad Apple</p> <p>Hot Lunch Baked fish/romesco sauce Rice pilaf Kale, beans, mushrooms Apple</p>	<p>13 Cold Lunch Roast beef & swiss/rye Cole slaw Diced peaches</p> <p>Hot Lunch Chicken pot pie Tossed salad Diced peaches</p>	<p>14 Cold Lunch Potato soup Turkey hoagie Health salad Diced pears</p> <p>Hot Lunch Potato soup Broccoli, mushroom quiche Tomato & onion salad Diced pears</p>	<p>15 Cold Lunch Crab salad & egg platter White bean, kale & tomato salad Blueberry cake</p> <p>Hot Lunch Chili dog Corn Veggie blend Blueberry cake</p>
<p>18 Chicken pecan w/maple bourbon sauce Cinnamon sweet potatoes Tossed salad Mixed fruit</p>	<p>19 Cold Lunch Grilled chicken salad Macaroni salad Peach</p> <p>Hot Lunch Sesame ginger beef Carrots, broccoli & peppers Rice Peach</p>	<p>20 Cold Lunch Manhattan clam chowder Egg salad platter Veggie pasta salad Oatmeal cookie</p> <p>Hot Lunch Manhattan clam chowder Baked fish w/dill sauce Tater tots Sautéed kale w/carrots Oatmeal cookie</p>	<p>21 Cold Lunch Southwest chicken salad Marinated carrot salad Tropical fruit</p> <p>Hot Lunch Meatloaf w/mushroom gravy Mashed potatoes Peas Tropical fruit</p>	<p>22 Cold Lunch Turkey ham & cheddar sandwich Potato salad Mixed fruit</p> <p>Celebrate Birthdays! Hot Lunch Chicken penne pasta Veggies Tossed salad Mixed fruit</p> 
<p>25 Italian wedding soup Beef Pizziola Peas & mushrooms Yellow squash & zucchini</p>	<p>26 Cold Lunch Chicken, hummus & veggie platter Quiona tabbouleh salad Peach applesauce</p> <p>Hot Lunch Baked fish w/lemon butter Cape cod blend Couscous salad Peach applesauce</p>	<p>27 Cold Lunch Assorted deluxe hoagie Cole slaw Diced pears</p> <p>Hot Lunch Chicken cacciatore Brussel spouts Diced pears</p>	<p>28 Cold Lunch Southern seven layer salad Pineapple</p> <p>Hot Lunch Cheesesteak macaroni Scalloped tomatoes Spinach salad Pineapple</p>	<p>29 Cold Lunch Turkey salad platter Marinated beet salad Carrot raisin salad Lemon cake</p> <p>Hot Lunch Chicken Marsala Green beans Mashed potatoes Lemon cake</p>