



SEPTEMBER 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+
NEW!!! Dairy or egg lunches available by reservation at front desk!**



September

1 Cold Lunch

Chicken Waldorf salad
3 bean salad
Mixed fruit

Hot Lunch

Rosemary roasted turkey
Cornbread stuffing
Brussel sprouts
Mashed sweet potatoes
Mixed fruit

2 Cold Lunch

Tuna salad, bagel
Carrot, broccoli & raisin salad
Fortune cookies

Hot Lunch

Chicken stir fry
Oriental veggie blend
Fried rice
Fortune cookies

5

CLOSED



6 Cold Lunch

Asian chicken salad
Asian noodle salad
Apple

Hot Lunch

Baked fish/ romesco sauce
Rice pilaf
Kale, beans, mushrooms
Apple

7 Cold Lunch

Roast beef & swiss/rye
Cole slaw
Diced peaches

Hot Lunch

Chicken pot pie
Tossed salad
Diced peaches

8 Cold Lunch

Potato soup
Turkey hoagie
Health salad
Diced pears

Hot Lunch

Potato soup
Broccoli, mushroom quiche
Tomato & onion salad
Diced pears

9 Cold Lunch

Crab salad & egg platter
White bean, kale & tomato salad
Blueberry cake

Hot Lunch

Chili dog
Corn
Veggie blend
Blueberry cake

12

Sliced turkey w/gravy
Green bean almondine
Cinnamon carrots
Cranberry/apple stuffing
Applesauce

13 Cold Lunch

Grilled chicken salad
Macaroni salad
Peach

Hot Lunch

Sesame ginger beef
Carrots, broccoli & peppers
Rice
Peach

14 Cold Lunch

Manhattan clam chowder
Egg salad platter
Veggie pasta salad
Oatmeal cookie



Chef Special

Tomato, feta, wheat berry salad

Hot Lunch

Manhattan clam chowder
Baked fish w/dill sauce
Tater tots
Sautéed kale w/carrots
Oatmeal cookie

15 Cold Lunch

Southwest chicken salad
Marinated carrot salad
Tropical fruit

Hot Lunch

Meatloaf w/mushroom gravy
Mashed potatoes
Peas
Tropical fruit

16 Cold Lunch

Turkey ham & cheddar sandwich
Potato salad
Mixed fruit

Hot Lunch

Chicken penne pasta
Veggies
Tossed salad
Mixed fruit

19

Italian wedding soup
Beef Pizziola
Peas & mushrooms
Yellow squash & zucchini

20 Cold Lunch

Chicken, hummus & veggie platter
Quiona tabbouleh salad
Peach applesauce

Hot Lunch

Baked fish w/lemon butter
Cape cod blend,
Couscous salad
Applesauce

21 Cold Lunch

Assorted deluxe hoagie
Cole slaw
Diced pears

Hot Lunch

Chicken cacciatore
Brussel spouts
Diced pears

22 Cold Lunch

Southern seven layer salad
Pineapple

Hot Lunch

Cheesesteak macaroni
Scalloped tomat
Spinach salad
Pineapple



23 Cold Lunch

Turkey salad platter
Marinated beet salad
Carrot raisin salad
Lemon cake

Celebrate Birthdays!



Hot Lunch

Chicken Marsala
Green beans
Mashed potatoes

26

Split pea soup
Seafood salad
Marinated green bean salad



27 Cold Lunch

Grilled chicken kale Caesar
7 grain bread
Cherry applesauce

Hot Lunch

Swedish meatballs
Baby carrots
Cherry applesauce

28 Cold Lunch

Turkey & swiss on wheat
Potato salad
Plum

Hot Lunch

BBQ pork sandwich
Broccoli
Beans, corn & pea salad
Plum

29 Cold Lunch

Chicken waldorf salad
3 bean salad
Mixed fruit

Hot Lunch

Rosemary roasted turkey
Cornbread stuffing
Brussel sprouts
Mashed sweet potatoes
Mixed fruit

30 Cold Lunch

Tuna salad, bagel
Carrot, broccoli & raisin salad
Fortune cookies

Hot Lunch

Chicken stir fry
Oriental veggie blend
Fried rice
Fortune cookies