

SEPTEMBER 2016 LUNCH MENU

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

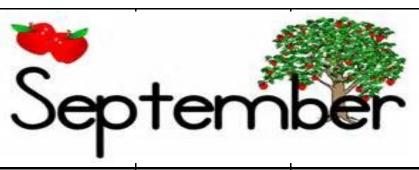
The Center at Journey's Way is a program of Intercommunity Action, Inc.

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!



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

CLOSED



Cold Lunch

Asian chicken salad Asian noodle salad Apple

Hot Lunch

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

Cold Lunch

Roast beef & swiss/rye Cole slaw Diced peaches

Hot Lunch

Chicken pot pie Tossed salad Diced peaches

Cold Lunch

Potato soup Turkey hoagie Health salad Diced pears

Hot Lunch

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

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

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

Cold Lunch

Southwest chicken salad Marinated carrot salad Tropical fruit

Hot Lunch

Meatloaf w/mushroom gravy Mashed potatoes Peas Tropical fruit

Cold Lunch

Turkey ham & chedder sandwich Potato salad Mixed fruit

Hot Lunch

Chicken penne pasta Veggies Tossed salad Mixed fruit

19

26

Split pea soup

Seafood salad

salad

Marinated green bean

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

Scalloped tomat Spinach salad Pineapple

Cheesesteak macaroni

Cold Lunch

Turkey salad platter Marinated beet salad Carrot raisin salad Lemon cake

Celebrate Birthdays!

Hot Lunch

Chicken Marsala Green beans

Mashed potatoes

Cold Lunch

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

Hot Lunch

Chicken stir fry Oriental veggie blend Fried rice Fortune cookies

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