

OCTOBER 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!

<p>3</p> <p>Roast beef w/gravy Scalloped potatoes Peas & onions Pineapple</p>	<p>4 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>5 Cold Lunch Roast beef & swiss/rye Cole slaw Diced peaches</p> <p>Hot Lunch Chicken pot pie Tossed salad Diced peaches</p>	<p>6 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>7 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>10</p> <p>Sliced turkey w/gravy Green bean almondine Cinnamon carrots Cranberry/apple stuffing Applesauce</p>	<p>11 Cold Lunch Grilled chicken salad Macaroni salad Peach</p> <p>Hot Lunch Sesame ginger beef Carrots, broccoli & peppers Rice Apple</p>	<p>12 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>13 Cold Lunch Southwest chicken salad Marinated carrot salad Tropical fruit</p> <p>Hot Lunch Meatloaf w/mushroom gravy Mashed potatoes Peas</p>	<p>14 Cold Lunch Turkey ham & cheddar sandwich Potato salad Mixed fruit</p> <p>Hot Lunch Chicken penne pasta Veggies Tossed salad Mixed fruit</p>
<p>17</p> <p>Italian wedding soup Beef Pizzola Peas & mushrooms Yellow squash & zucchini Orange</p> 	<p>18 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 Applesauce</p>	<p>19 Cold Lunch Assorted deluxe hoagie Cole slaw Diced pears</p> <p>Hot Lunch Chicken cacciatore Brussel spouts Diced pears</p>	<p>20 Cold Lunch Southern seven layer salad. Ranch dressing Pineapple</p>  <p>Chef's Special Apple Cranberry Pie</p> <p>Hot Lunch Cheesesteak macaroni Scalloped tomatoes Spinach salad Pineapple</p>	<p>21 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>
<p>24</p> <p>Split pea soup Seafood salad Marinated green bean salad Mandarin oranges</p>	<p>25 Cold Lunch Grilled chicken kale Caesar 7 grain bread Cherry applesauce</p> <p>Hot Lunch Swedish meatballs Baby carrots Cherry applesauce</p>	<p>26 Cold Lunch Turkey & swiss on wheat Potato salad Plum</p> <p>Hot Lunch BBQ pork sandwich Broccoli Beans, corn & pea salad Orange</p>	<p>27 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>28 Cold Lunch Tuna salad, bagel Carrot, broccoli & raisin salad Fortune cookies</p> <p>Celebrate Birthdays! Hot Lunch</p>  <p>Chicken stir fry Oriental veggie blend Fried rice, fortune cookies</p>
<p>31</p> <p>Roast beef w/gravy Scalloped potatoes Peas & onions Pineapple</p>	