

APRIL 2017 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.

****** NEW RULE! PLEASE SIGN IN BY 11:45. If you're going to be later, call us before 11:45. ******





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+

Check our special luncheons April 4 & April 13!



<p>3</p> <p>Sliced Roast Beef w/ Honey Bourbon Sauce Green beans w/ almonds Sweet Potato Cubes Tropical Fruit Mix</p>	<p>4 Cold Lunch Seafood Salad & American cheese platter Marinated tomato & onion Orange</p> <p>Chef's Special Funnel Cake </p> <p>Hot Lunch Italian Wedding Soup Grilled Chicken Caprese Cauliflower, Broccoli, Carrots Vegetable pasta salad, orange</p>	<p>5 Cold Lunch Turkey & Muenster Cheese Sandwich Carrot Raisin Salad Pineapple</p> <p>Hot Lunch Balsamic Glazed Pulled Pork Brown rice, Cowboy Caviar Pineapple</p>	<p>6 Cold Lunch Sonoma chicken salad German Potato salad S/F Vanilla Cake</p> <p>Hot Lunch Traditional Meatloaf Seasoned Potato Cubes Peas & Carrots Lite vanilla cake</p>	<p>7 Cold Lunch Asian Chicken Salad Sesame noodles Mandarin oranges</p> <p>Hot Lunch Lemon Butter Baked Fish Mushroom Rice Pilaf Diced peaches</p>
<p>10</p> <p>Beef Chow Fun Broccoli, noodles Health Salad Oatmeal Cookie</p> 	<p>11 Cold Lunch Hard Boiled Egg & Cubed Cheddar Cheese Platter Health Salad; Macaroni salad</p> <p>Hot Lunch Creamy Tuscan Chicken Capri blend veggies Mandarin oranges</p>	<p>12 Cold Lunch Chicken Reuben/ Rye Cole Slaw, 3 Bean Salad Pineapple</p> <p>Hot Lunch Chicken Noodle Soup Orange & Honey glazed Turkey Green Beans Whipped Sweet Potatoes Pineapple</p>	<p>13 Cold Lunch Chicken Caprese Salad 3 Bean Salad Mandarin Oranges</p> <p>Easter Meal Glazed turkey ham Winter blend veggies Corn Pudding Apple Pie</p> 	<p>14 Cold Lunch Italian Hoagie Salad Red Bliss Potatoes Unsweetened Applesauce</p> <p>Hot Lunch Crab Cake Macaroni & Cheese Zucchini & stewed tomatoes Spinach & carrots Unsweetened applesauce</p>
<p>17</p> <p>Grilled Chicken Bake Sugar Snap Peas Sweet Corn Blueberry Cake</p>	<p>18 Cold Lunch Egg Salad Sandwich on Pumpnickel Bread Pickled Beet Salad Cowboy Caviar Diced pears</p>  <p>Hot Lunch Manicotti & Meatballs Broccoli & Carrots</p>	<p>19 Cold Lunch Tuna Salad Cucumber dill salad Fruit salad</p> <p>Hot Lunch Grilled Hawaiian BBQ Chicken Breast w/ pineapple, peppers, onions Rice medley</p>	<p>20 Cold Lunch Chicken salad platter Broccoli, red onion, cranberry salad Carrot salad Tropical fruit mix</p> <p>Hot Lunch Cheeseburger Potato Salad, Cole Slaw</p>	<p>21 Cold Lunch Chicken Caesar Salad Fruited Jello</p> <p>Hot Lunch Vegetable Soup, Caesar Salad Baked Fish w/ white wine caper sauce Red Bliss Potatoes Fruited Jello</p>
<p>24</p> <p>Tomato Soup Macaroni & Cheese w/ Turkey Ham & tomatoes; Sauteed Kale, Spinach & Carrots Mixed Fruit</p>	<p>25 Cold Lunch Roast Beef & Provolone/ Rye; Lettuce, Tomato Cole Slaw Apple</p> <p>Hot Lunch Egg roll in a bowl Marinated cukes/ red peppers Apple</p>	<p>26 Cold Lunch Tuna Salad Nicoise Vegetable Pasta Salad Mandarin Oranges</p> <p>Baked Ziti Green & wax beans Tossed salad Mandarin oranges</p>	<p>27 Cold Lunch Cranberry Almond Chicken Spinach Salad Cauliflower & Broccoli Salad Chocolate Pudding</p> <p>Hot Lunch Herb roasted turkey Mashed cauliflower & potato Sugar snap peas Chocolate pudding</p>	<p>28 Cold Lunch Turkey, Ham & Swiss Succotash Salad Unsweetened Applesauce</p> <p>Celebrate Birthdays! Hot Lunch Veggie Omelet, English Muffin Brandied Peaches Cinnamon applesauce</p> 