



## MAY 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 May 4 & May 12!**

<p><b>1</b></p> <p>Sliced Roast Beef w/ Honey Bourbon Sauce Green beans w/ almonds Sweet Potato Cubes Tropical Fruit Mix</p>	<p><b>2 Cold Lunch</b> Seafood Salad &amp; American cheese platter Marinated tomato &amp; onion Orange</p> <p><b>Hot Lunch</b> Italian Wedding Soup Grilled Chicken Caprese Cauliflower, Broccoli, Carrots</p>	<p><b>3 Cold Lunch</b> Turkey &amp; Muenster Cheese Sandwich Carrot Raisin Salad Pineapple</p> <p><b>Hot Lunch</b> Balsamic Glazed Pulled Pork Brown rice, Cowboy Caviar Pineapple</p>	<p><b>4 Cold Lunch</b> Sonoma chicken salad German Potato salad S/F Vanilla Cake</p> <p><b>Cinco De Mayo Lunch</b> Chicken fajitas Mangos Flan</p> 	<p><b>5 Cold Lunch</b> Asian Chicken Salad Sesame noodles Mandarin oranges</p> <p><b>Hot Lunch</b> Lemon Butter Baked Fish Mushroom Rice Pilaf Diced peaches</p>
<p><b>8</b></p> <p>Beef Chow Fun Broccoli, noodles Health Salad Oatmeal Cookie</p> 	<p><b>9 Cold Lunch</b> Hard Boiled Egg &amp; Cubed Cheddar Cheese Platter Health Salad; Macaroni salad</p> <p><b>Hot Lunch</b> Creamy Tuscan Chicken Capri blend veggies Mandarin oranges</p>	<p><b>10 Cold Lunch</b> Chicken Reuben/ Rye Cole Slaw, 3 Bean Salad Pineapple</p> <p><b>Hot Lunch</b> Chicken Noodle Soup Orange &amp; Honey glazed Turkey Green Beans Whipped Sweet Potatoes Pineapple</p>	<p><b>11 Cold Lunch</b> Chicken Caprese Salad 3 Bean Salad Mandarin Oranges</p> <p><b>Hot Lunch</b> Stuffed cabbage bowl Marinated carrot salad Peach</p>	<p><b>12 Cold Lunch</b> Italian Hoagie Salad Red Bliss Potatoes Unsweetened Applesauce</p> <p><b>MOTHER'S DAY MEAL</b> Tossed salad Turkey &amp; Stuffing Mashed potatoes Carrots Chocolate mousse in a cup</p> 
<p><b>15</b></p> <p>Grilled Chicken Bake Sugar Snap Peas Sweet Corn Blueberry Cake</p>	<p><b>16 Cold Lunch</b> Egg Salad Sandwich on Pumpnickel Bread Pickled Beet Salad Cowboy Caviar Diced pears</p> <p><b>Hot Lunch</b> Manicotti &amp; Meatballs Broccoli &amp; Carrots Diced pears</p>	<p><b>17 Cold Lunch</b> Tuna Salad Cucumber dill salad Fruit salad</p> <p><b>Hot Lunch</b> Grilled Hawaiian BBQ Chicken Breast w/ pineapple, peppers, onions Rice medley Nectarine</p> 	<p><b>18 Cold Lunch</b> Chicken salad platter Broccoli, red onion, cranberry salad Carrot salad Tropical fruit mix</p> <p><b>Hot Lunch</b> Cheeseburger Potato Salad, Cole Slaw Tropical fruit mix</p>	<p><b>19 Cold Lunch</b> Chicken Caesar Salad Fruited Jello</p> <p><b>Hot Lunch</b> Vegetable Soup, Caesar Salad Baked Fish w/ white wine caper sauce Red Bliss Potatoes Fruited Jello</p>
<p><b>22</b></p> <p>Tomato Soup Macaroni &amp; Cheese w/ Turkey Ham &amp; toma- toes; Sauteed Kale, Spinach &amp; Carrots Mixed Fruit</p>	<p><b>23 Cold Lunch</b> Roast Beef &amp; Provolone/ Rye; Lettuce, Tomato Cole Slaw Apple</p> <p><b>Hot Lunch</b> Egg roll in a bowl Marinated cukes/ red peppers Apple</p>	<p><b>24 Cold Lunch</b> Tuna Salad Nicoise Vegetable Pasta Salad Mandarin Oranges</p> <p><b>Hot Lunch</b> Baked Ziti Green &amp; wax beans Tossed salad Mandarin oranges</p>	<p><b>25 Cold Lunch</b> Cranberry Almond Chicken Spinach Salad Cauliflower &amp; Broccoli Salad Chocolate Pudding</p> <p><b>Hot Lunch</b> Herb roasted turkey Mashed cauliflower &amp; potato Sugar snap peas Chocolate pudding</p>	<p><b>26 Cold Lunch</b> Turkey, Ham &amp; Swiss Succotash Salad Unsweetened Applesauce</p> <p><b>Celebrate Birthdays!</b> <b>Hot Lunch</b> Veggie Omelet, English Muffin Brandied Peaches Cinnamon applesauce</p> 
<p><b>29 CLOSED</b></p> <p><b>MEMORIAL DAY</b></p> 	<p><b>30 Cold Lunch</b> Seafood Salad &amp; American cheese platter Marinated tomato &amp; onion Orange</p> <p><b>Hot Lunch</b> Italian Wedding Soup Grilled Chicken Caprese Cauliflower, Broccoli, Carrots</p>	<p><b>31 Cold Lunch</b> Turkey &amp; Muenster Cheese Sandwich Carrot Raisin Salad Pineapple</p> <p><b>Hot Lunch</b> Balsamic Glazed Pulled Pork Brown rice, Cowboy Caviar Pineapple</p>	