

JUNE 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.

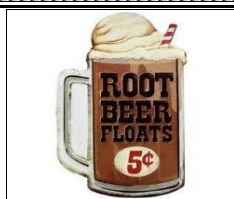
****** NEW RULE! PLEASE SIGN IN BY 11:45. If you're going to be later, call us before 11:45. ******

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+

Father's Day Lunch June 16, 2017



**Root Beer Floats & Penny Candy
June 29th**

1 Cold Lunch
Sonoma chicken salad
German Potato salad
S/F Vanilla Cake
Hot Lunch
Meatloaf
Seasoned potatoes
Peas & carrots
Vanilla cake


2 Cold Lunch
Asian Chicken Salad
Sesame noodles
Mandarin oranges

**Celebrate Summer
Cheeseburgers & Hotdogs
Corn on the cob
Cole slaw, Apple pie/ice cream**

5
Beef Chow Fun
Broccoli, noodles
Health Salad
Oatmeal Cookie

6 Cold Lunch
Hard Boiled Egg & Cubed
Cheddar Cheese Platter
Health Salad; Macaroni salad
Hot Lunch
Creamy Tuscan Chicken
Capri blend veggies
Mandarin oranges

7 Cold Lunch
Chicken Reuben/ Rye
Cole Slaw, 3 Bean Salad
Pineapple
Hot Lunch
Chicken Noodle Soup
Orange & Honey glazed
Turkey
Green Beans Almondine
Whipped Sweet Potatoes
Pineapple

8 Cold Lunch
Chicken Caprese Salad
3 Bean Salad
Mandarin Oranges

Hot Lunch
Stuffed cabbage bowl
Marinated carrot salad
Peach

9 Cold Lunch
Italian Hoagie Salad
Red Bliss Potatoes
Unsweetened Applesauce
Hot Lunch
Crab Cake
Mac & Cheese
Zucchini & stewed tomatoes
Spinach & Carrots
Applesauce

12
Grilled Chicken Bake
Sugar Snap Peas
Sweet Corn
Blueberry Cake


13 Cold Lunch
Egg Salad Sandwich on
Pumpnickel Bread
Pickled Beet Salad
Cowboy Caviar
Diced pears
Hot Lunch
Manicotti & Meatballs
Broccoli & Carrots
Diced pears

14 Cold Lunch
Tuna Salad
Cucumber dill salad
Fruit salad
Hot Lunch
Grilled Hawaiian BBQ
Chicken Breast w/
pineapple, peppers, onions
Rice medley
Nectarine

15 Cold Lunch
Chicken salad platter
Broccoli, red onion,
cranberry salad
Carrot salad
Tropical fruit mix
Hot Lunch
Cheeseburger
Potato Salad, Cole Slaw
Tropical fruit mix

16 Cold Lunch
Chicken Caesar Salad
Fruited Jello
Father's Day Meal
Roast Beef
Sweet Potatoes
Broccoli
Spinach Salad
Blueberry Cobbler


19
Tomato Soup
Macaroni & Cheese w/
Turkey Ham & toma-
toes; Sauteed Kale,
Spinach & Carrots
Mixed Fruit

20 Cold Lunch
Roast Beef & Provolone/
Rye; Lettuce, Tomato
Cole Slaw
Plum
Hot Lunch
Egg roll in a bowl
Marinated cukes/ red peppers
Apple

21 Cold Lunch
Tuna Salad Nicoise
Vegetable Pasta Salad
Mandarin Oranges
Hot Lunch
Baked Ziti
Green & wax beans
Tossed salad
Mandarin oranges


22 Cold Lunch
Cranberry Almond Chicken
Spinach Salad
Cauliflower & Broccoli Salad
Chocolate Pudding
Hot Lunch
Herb roasted turkey
Mashed cauliflower & potato
Sugar snap peas
Chocolate pudding


23 Cold Lunch
Turkey, Ham & Swiss
Succotash Salad
Unsweetened Applesauce

Celebrate Birthdays!
Hot Lunch
Veggie Omelet, English Muffin
Brandied Peaches
Cinnamon applesauce

26
Sliced Roast Beef w/
Honey Bourbon Sauce
Green beans w/ almonds
Sweet Potato Cubes
Tropical Fruit Mix

27 Cold Lunch
Seafood Salad &
American cheese platter
Marinated tomato & onion
Orange
Hot Lunch
Italian Wedding Soup
Grilled Chicken Caprese
Cauliflower, Broccoli, Carrots

28 Cold Lunch
Turkey & Muenster Cheese
Sandwich
Carrot Raisin Salad
Pineapple
Hot Lunch
Balsamic Glazed Pulled Pork
Brown rice, Cowboy Caviar
Pineapple

29 Cold Lunch
Sonoma chicken salad
German Potato salad
S/F Vanilla Cake
Hot Lunch
Meatloaf
Seasoned potatoes
Peas & carrots
Vanilla cake


30 Cold Lunch
Asian Chicken Salad
Sesame noodles
Mandarin oranges
Hot Lunch
Lemon Butter Baked Fish
Mushroom Rice Pilaf
Diced peaches