

JULY 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+

4th of July Lunch on July 6th

<p>3</p> <p>The Center will be</p> <p><u>CLOSED</u></p> <p>July 3rd & 4th</p>	<p>4</p> 	<p>5 Cold Lunch</p> <p>Bently salad Cucumber salad Pineapple tidbits</p> <p>Hot Lunch</p> <p>Chili Mixed veggies Pineapple tidbits</p>	<p>6 Cold Lunch</p> <p>Crab salad platter Marinated broccoli salad Fruit cocktail</p> <p>4th of July Lunch</p> <p>Franks & Beans Cole slaw, Potato salad Tossed salad, Corn bread Patriotic Parfait</p>	<p>7 Cold Lunch</p> <p>Tomato bisque Chef sandwich Three bean salad Cinnamon applesauce</p> <p>Hot Lunch</p> <p>Tomato bisque Beef Pot Roast, egg noodles Cinnamon Applesauce</p>
<p>10</p> <p>Turkey w/gravy Whipped potatoes Broccoli & Carrots Fruit salad</p>	<p>11 Cold Lunch</p> <p>Honey mustard chicken Broccoli salad Peach</p>  <p>Hot Lunch</p> <p>Chicken fried rice Mixed veggies Peach</p>	<p>12 Cold Lunch</p> <p>Apple juice Egg salad Carrot & raisin salad Mandarin oranges</p> <p>Hot Lunch</p> <p>Apple juice Tuna noodle casserole Green beans Mandarin oranges</p>	<p>13 Cold Lunch</p> <p>Minestrone soup Spinach Salad Lentil Salad Lemon cake</p> <p>Hot Lunch</p> <p>Minestrone soup BBQ chicken thigh Collard greens Potatoes cubes Lemon cake</p>	<p>14 Cold Lunch</p> <p>Asian chicken salad Sesame pasta salad Pears</p>  <p>Hot Lunch</p> <p>Tricolor tortellini & meatballs Normandy blend veggies Spinach salad Pears</p>
<p>17</p> <p>Sheperd's pie Cinnamon apples Peaches</p> 	<p>18 Cold Lunch</p> <p>Turkey ham & swiss Sweet corn & bean salad Marinated summertime salad Oatmeal cookie</p> <p>Hot Lunch</p> <p>Cornmeal crusted fish Stewed tomatoes Oatmeal cookie</p>	<p>19 Cold Lunch</p> <p>Chicken caeser salad Greek chickpea salad Pineapples</p> <p>Hot Lunch</p> <p>Beef stroganoff Beets Pineapples</p>	<p>20 Cold Lunch</p> <p>Apple juice Thanksgiving turkey sandwich Green bean salad Strawberry applesauce</p> <p>Hot Lunch</p> <p>Veggie lasagna Grilled veggies, Tossed salad Strawberry applesauce</p>	<p>21 Cold Lunch</p> <p>Manhattan Clam Chowder Tuna salad Marinated tomato & bean salad Bagel, plum</p> <p>Hot Lunch</p> <p>Manhattan clam chowder Grilled chicken fricassee Rice pilaf, broccoli Plum</p>
<p>24</p> <p>Turkey w/apricot glaze Cornbread stuffing Brussel sprouts Mashed sweet potatoes Banana cake</p>	<p>25 Cold Lunch</p> <p>Chicken salad platter Broccoli Salad Pickled beet salad Mandarin oranges</p> <p>Hot Lunch</p> <p>Meatball sandwich w/provolone Cole slaw, Zucchini & Corn Mandarin oranges</p>	<p>26 Cold Lunch</p> <p>Turkey sandwich Marinated carrot salad Couscous salad Nectarine</p>  <p>Hot Lunch</p> <p>Grilled chicken teriyaki Snow peas, white rice Nectarine</p>	<p>27 Cold Lunch</p> <p>Apple juice BBQ chicken ranch salad Cherry applesauce</p> <p>Hot Lunch</p> <p>Apple juice Lemon rosemary baked tilapia Green beans & carrots Couscous, Cherry applesauce</p>	<p>28 Cold Lunch</p> <p>Navy bean soup Seafood & garden salad Pasta salad, peaches</p>  <p><u>Celebrate Birthdays!</u></p> <p>Hot Lunch</p> <p>Navy bean soup Chicken thigh cacciatore Broccoli, cauliflower, peaches</p>
<p>31</p> <p>Grilled chicken parm Rotini pasta Broccoli Tossed salad Pudding</p>		