

SEPTEMBER 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

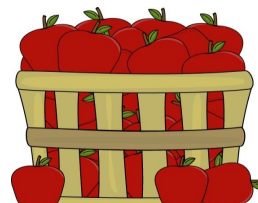
COST: ● \$4 Age 55 - 59

● \$2 - \$4 optional suggested donation Age 60+

Iceberg Salad Bar on 9/12/17!




September



1 Cold Lunch
Tomato bisque
Chef sandwich
Three bean salad
Cinnamon applesauce
Hot Lunch
Tomato bisque
Beef Pot Roast, egg noodles
Cinnamon Applesauce


4
Journey's Way will be
CLOSED
On Monday, September 4th



5 Cold Lunch
Honey mustard chicken
Broccoli salad
Peach

Hot Lunch
Chicken fried rice
Mixed veggies
Peach

6 Cold Lunch
Apple juice
Egg salad
Carrot & raisin salad
Mandarin oranges
Hot Lunch
Apple juice
Tuna noodle casserole
Green beans
Mandarin oranges

7 Cold Lunch
Minestrone soup
Spinach Salad
Lentil Salad
Lemon cake
Hot Lunch
Minestrone soup
BBQ chicken thigh
Collard greens
Potatoes cubes
Lemon cake

8 Cold Lunch
Asian chicken salad
Sesame pasta salad
Pears
Hot Lunch
Tricolor tortellini & meatballs
Normandy blend veggies
Spinach salad
Pears 

11
Sheppard's pie
Cinnamon apples
Peaches


12 Cold Lunch
Turkey ham & swiss
Sweet corn & bean salad
Marinated summertime salad
Oatmeal cookie
CHEF'S SPECIAL—SALAD BAR
Hot Lunch
Cornmeal crusted fish
Stewed tomatoes
Oatmeal cookie 

13 Cold Lunch
Chicken caesar salad
Greek chickpea salad
Pineapples
Hot Lunch
Beef stroganoff
Beets
Pineapples

14 Cold Lunch
Apple juice
Thanksgiving turkey sandwich
Green bean salad
Strawberry applesauce
Hot Lunch
Veggie lasagna
Grilled veggies,
Tossed salad
Strawberry applesauce

15 Cold Lunch
Manhattan Clam Chowder
Tuna salad
Marinated tomato & bean salad
Bagel, plum
Hot Lunch
Manhattan clam chowder
Grilled chicken fricassee
Rice pilaf, broccoli
Plum

18
Turkey w/apricot glaze
Combread stuffing
Brussel sprouts
Mashed sweet potatoes
Banana cake

19 Cold Lunch
Chicken salad platter
Broccoli Salad
Pickled beet salad
Mandarin oranges
Hot Lunch
Meatball sandwich w/provolone
Cole slaw, Zucchini & Corn
Mandarin oranges


20 Cold Lunch
Turkey sandwich
Marinated carrot salad
Couscous salad
Nectarine
Hot Lunch
Grilled chicken teriyaki
Snow peas, white rice
Nectarine

21 Cold Lunch
Apple juice
BBQ chicken ranch salad
Cherry applesauce
Hot Lunch
Apple juice
Lemon rosemary baked tilapia
Green beans & carrots
Couscous, Cherry applesauce

22 Cold Lunch
Navy bean soup
Seafood & garden salad
Pasta salad, peaches
Celebrate Birthdays!
Hot Lunch
Navy bean soup 
Chicken thigh cacciatore
Broccoli, cauliflower
Peaches

25
Grilled chicken parm
Rotini pasta
Broccoli
Tossed salad
Pudding

26 Cold Lunch
Roast beef hoagie
Cole slaw
Pudding
Hot Lunch
Stuffed baked fish
Capri veggie blend
Red bliss potatoes
Orange

27 Cold Lunch
Bently salad 
Cucumber salad
Pineapple tidbits
Hot Lunch
Chili
Mixed veggies
Pineapple tidbits

28 Cold Lunch
Crab salad platter
Marinated broccoli salad
Fruit cocktail
Hot Lunch
Spinach & cheddar omelet
Hashbrowns
Fruit cocktail

29 Cold Lunch
Tomato bisque
Chef sandwich
Three bean salad
Cinnamon applesauce
Hot Lunch
Tomato bisque
Beef Pot Roast, egg noodles
Cinnamon Applesauce

