December 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+ 1 Cold Lunch Asian chicken salad Sesame pasta salad Pears Hot Lunch Tricolor tortellini & meatballs Normandy blend veggies Spinach salad Pears	
4 Sheppard's pie Cinnamon apples Peaches	5       Cold Lunch         Turkey ham & swiss         Sweet corn & bean salad         Marinated summertime salad         Oatmeal cookie         Hot Lunch         Cornmeal crusted fish         Stewed tomatoes         Oatmeal cookie	6 Cold Lunch Chicken caeser salad Greek chickpea salad Pineapples Hot Lunch Beef stroganoff Beets Pineapples	<ul> <li>7 Cold Lunch</li> <li>Apple juice</li> <li>Thanksgiving turkey sandwich</li> <li>Green bean salad</li> <li>Strawberry applesauce</li> <li>Hot Lunch</li> <li>Veggie lasagna</li> <li>Grilled veggies,</li> <li>Tossed salad</li> <li>Strawberry applesauce</li> </ul>	8 Cold Lunch Manhattan Clam Chowder Tuna salad Marinated tomato & bean salad Bagel, Orange Hot Lunch Manhattan clam chowder Grilled chicken fricassee Rice pilaf, broccoli Orange
11 Turkey w/apricot glaze Cornbread stuffing Brussel sprouts Mashed sweet potatoes Banana cake	12 Cold Lunch Egg salad Broccoli & craisin salad Mandarin oranges Hot Lunch Meatball sandwich w/provolone Cole slaw, Zucchini & Corn Mandarin oranges	13 Cold Lunch Turkey sandwich Marinated carrot salad Couscous salad Pear Hot Lunch Grilled chicken teriyaki Snow peas, white rice Pear	14Cold LunchGrape juiceBBQ chicken ranch saladCherry applesauceHot LunchApple juiceLemon rosemary baked tilapiaGreen beans & carrotsCouscous,Cherry applesauce	15 Cold Lunch Navy bean soup Seafood & garden salad Pasta salad, peaches Hot Lunch Navy bean soup Chicken thigh cacciatore Broccoli, cauliflower Peaches
<b>18</b> Grilled chicken parm Rotini pasta Broccoli Tossed salad Pudding	19 Cold Lunch Roast beef hoagie Cole slaw Pudding Hot Lunch Stuffed baked fish Capri veggie blend Red bliss potatoes Orange	20 Cold Lunch Bently salad Cucumber salad Pineapple tidbits Hot Lunch Chili Mixed veggies Pineapple tidbits	21 Cold Lunch Crab salad platter Broccoli & Cauliflower salad Fruit cocktail <u>Holiday Meal</u> Cranberry juice Sliced Roast Beef Red bliss mashed potatoes Strawberry shortcake	22 Cold Lunch Tomato bisque, Chef sandwich Three bean salad Cinnamon applesauce <u>Celebrate Birthdays!</u> Hot Lunch Tomato bisque Pot Roast Cinnamon applesauce
25 CLOSED HAPPY HOLIDAYS	26 Cold Lunch Honey mustard chicken Broccoli salad Apple Hot Lunch Chicken fried rice Mixed veggies Apple	27 Cold Lunch Apple juice Chicken salad w/craisins Carrot & raisin salad Pita, mandarin oranges Hot Lunch Apple juice Tuna noodle casserole Green beans, Mandarin oranges	28       Cold Lunch         Minestrone soup       Spinach Salad         Lentil Salad       Lemon cake         Hot Lunch       Minestrone soup         BBQ chicken thigh       Collard greens         Potatoes cubes, Lemon cake       Potatoes cubes, Lemon cake	29Cold LunchAsian chicken saladSesame pasta saladPearsHot LunchTricolor tortellini & meatballsNormandy blend veggiesSpinach saladPears