

February 2018 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+

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Super Bowl Party February 2nd

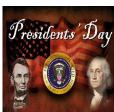
Chicken noodle soup Chicken Cordon Blue Corn, Brussel sprouts

Pear

12

Pineapple chicken stir fry Brown fired rice Pears





Roasted chicken thigh

Cold Lunch Cream of mushroom soup Crab salad platter Broccoli salad Orange

3 Cheese pasta bake

Orange

Carrots, beans, potatoes

Peas & onions **Hot Lunch** Mashed sweet potatoes Cream of Mushroom

Pudding

26

Cold Lunch

Grape juice Grilled chicken cobb salad Pea salad, applesauce

Hot Lunch

Grape juice Beef strips w/burgundy sauce Carrots, beans, potatoes Chunky applesauce

13 Cold Lunch

Egg salad Pea salad Tropical fruit

Valentine's Lunch

Orange juice Sliced beef w/cream sauce Roasted beets & carrots Kale & spinach Tropical fruit

20 **Cold Lunch**

Three cheese sandwich Marinated tomato salad

Irish beef stew Snap peas & mushrooms Bowtie pasta Pineapple

Pineapple

Hot Lunch

Italian wedding soup Chef salad, 3 bean salad Mixed fruit cocktail **Hot Lunch**

Cold Lunch

Cold Lunch

Broccoli & cauliflower salad

Hot Lunch

Tossed salad w/ spinach

Cold Lunch

Almond craisin salad

Chocolate chip cookie

Hot Lunch

Baked ziti w/spinach

Italian veggie blend

Chocolate chip cookie

Caeser salad

Mixed greens

Beet salad

Tuna salad pocket

Marble cup cake

Turkey bolognaise

Marble cup cake

Tomato & bean salad

Italian wedding soup Chicken strips Sweet potato cubes Mixed cocktail

Cold Lunch

Turkey club salad Carrot & raisin salad Diced pears

Hot Lunch

Grilled honey BBQ chicken Baked beans Broccoli & carrots Diced pears

Cold Lunch

Grilled chicken ceaser Pasta salad Diced peaches

Hot Lunch

Pizza burger Potato wedges, tossed salad Diced peaches

Cold Lunch Thai chicken salad

Sesame noodles

Mixed fruit cocktail

Hot Lunch Sweet & sour meatballs

Green beans almondine

Mixed fruit cocktail

Brown rice w/ bell peppers

Apple juice Grilled chicken pita Potato salad pineapple

Cold Lunch

Hot Lunch

Baked fish w/tomato Tomato and zucchini Scalloped potatoes, oranges

Cold Lunch

Grilled chicken sandwich Marinated cucumber salad Mandarin oranges

Hot Lunch

Panko crusted fish Tomato & zucchini Scalloped potatoes Mandarin oranges

Cold Lunch

Seafood salad Succotash salad Diced peaches

Hot Lunch

Herb roasted chicken lea Collard greens, grits Diced peaches

Cold Lunch

Corn, bean & pepper salad

Hot Lunch

Peaches, blueberry cake

Apple juice

Meatloaf w/gravy

Whipped potatoes

Blueberry cake

Green beans & carrots

Apple juice, Grilled chicken salad



Cold Lunch

Vegetable soup Italian combo sandwich Health salad Orange

Hot Lunch

Vegetable soup Mexican omelet Home fries Orange



23 **Cold Lunch**

Roast beef special/rye Apple



Hot Lunch

Crab cake Mac & cheese, stewed tomatoes Winter veggies



