

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+

E * A * G * L * E * S



**Super Bowl Party
February 2nd**

1 Cold Lunch

Grilled chicken ceaser
Pasta salad
Diced peaches

Hot Lunch

Pizza burger
Potato wedges, tossed salad
Diced peaches

2 Cold Lunch

Apple juice
Grilled chicken pita
Potato salad
pineapple



Hot Lunch

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

5
Chicken noodle soup
Chicken Cordon Blue
Corn, Brussel sprouts
Pear

6 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

7 Cold Lunch
Tuna salad pocket
Tomato & bean salad
Broccoli & cauliflower salad
Marble cup cake

Hot Lunch
Turkey bolognaise
Tossed salad w/ spinach
Marble cup cake

8 Cold Lunch
Thai chicken salad
Sesame noodles
Mixed fruit cocktail

Hot Lunch
Sweet & sour meatballs
Green beans almonidine
Brown rice w/ bell peppers
Mixed fruit cocktail

9 Cold Lunch
Grilled chicken sandwich
Marinated cucumber salad
Mandarin oranges

Hot Lunch
Panko crusted fish
Tomato & zucchini
Scalloped potatoes
Mandarin oranges

12
Pineapple chicken stir fry
Brown fired rice
Pears

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



14 Cold Lunch
Almond craisin salad
Mixed greens
Beet salad
Chocolate chip cookie

Hot Lunch
Baked ziti w/spinach
Italian veggie blend
Caeser salad
Chocolate chip cookie

15 Cold Lunch
Seafood salad
Succotash salad
Diced peaches

Hot Lunch
Herb roasted chicken leg
Collard greens, grits
Diced peaches



16 Cold Lunch
Vegetable soup
Italian combo sandwich
Health salad
Orange

Hot Lunch
Vegetable soup
Mexican omelet
Home fries
Orange

19 CLOSED

20 Cold Lunch
Three cheese sandwich
Marinated tomato salad
Pineapple

Hot Lunch
Irish beef stew
Snap peas & mushrooms
Bowtie pasta
Pineapple

21 Cold Lunch
Italian wedding soup
Chef salad, 3 bean salad
Mixed fruit cocktail

Hot Lunch
Italian wedding soup
Chicken strips
Sweet potato cubes
Mixed cocktail



22 Cold Lunch
Apple juice, Grilled chicken salad
Corn, bean & pepper salad
Peaches, blueberry cake

Hot Lunch
Apple juice
Meatloaf w/gravy
Green beans & carrots
Whipped potatoes
Blueberry cake

23 Cold Lunch
Roast beef special/rye
Apple
Celebrate Birthdays!

Hot Lunch
Crab cake
Mac & cheese, stewed tomatoes
Winter veggies



26
Roasted chicken thigh
Peas & onions
Mashed sweet potatoes
Pudding

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

Hot Lunch
Cream of Mushroom
3 Cheese pasta bake
Carrots, beans, potatoes
Orange

28 Cold Lunch
Turkey club salad
Carrot & raisin salad
Diced pears

Hot Lunch
Grilled honey BBQ chicken
Baked beans
Broccoli & carrots
Diced pears

