

APRIL 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+



<p>2</p> <p>Chicken Noodle Soup Chicken Cordon Bleu Corn Brussel Sprouts Plum</p> 	<p>3 Cold Lunch Grape juice Grilled chicken cobb salad Pea salad, applesauce</p> <p>Hot Lunch Grape juice Beef strips w/burgundy sauce Carrots, beans, potatoes Chunky applesauce</p>	<p>4 Cold Lunch Tuna salad pocket Tomato & bean salad Broccoli & cauliflower salad Marble cup cake</p> <p>Hot Lunch Baked ziti w/spinach Italian veggie blend Caeser salad Chocolate chip cookie</p> 	<p>5 Cold Lunch Thai chicken salad Sesame noodles Mixed fruit cocktail</p> <p>Hot Lunch Sweet & sour meatballs Green beans almondine Brown rice w/ bell peppers Mixed fruit cocktail</p>	<p>6 Cold Lunch Grilled chicken sandwich Marinated cucumber salad Mandarin oranges</p> <p>Hot Lunch Panko crusted fish Tomato & zucchini Scalloped potatoes</p>
<p>9</p> <p>Pineapple chicken stir fry Brown fired rice Pears</p>	<p>10 Cold Lunch Egg salad Pea salad Tropical fruit</p> <p>Hot Lunch Orange juice Sliced beef w/cream sauce Roasted beets & carrots Kale & spinach Tropical fruit</p>	<p>11 Cold Lunch Almond craisin salad Mixed greens Beet salad Chocolate chip cookie</p> <p>Hot Lunch Turkey bolognaise Tossed salad w/ spinach Marble cup cake</p>	<p>12 Cold Lunch Seafood salad Succotash salad Diced peaches</p> <p>Hot Lunch Herb roasted chicken leg Collard greens, grits Diced peaches</p>	<p>13 Cold Lunch Vegetable soup Italian combo sandwich Health salad Orange</p> <p>Hot Lunch Vegetable soup Mexican Omelet Home fries Orange</p> 
<p>16</p> <p>Turkey Ala King Peach crisp Cinnamon applesauce</p> 	<p>17 Cold Lunch Three cheese sandwich Marinated tomato salad Pineapple</p> <p>Hot Lunch Irish beef stew Snap peas & mushrooms Bowtie pasta Pineapple</p>	<p>18 Cold Lunch Italian wedding soup Chef salad, 3 bean salad Mixed fruit cocktail</p> <p><u>Chef's Special Munchkins</u></p> <p>Hot Lunch Italian wedding soup Chicken strips Sweet potato cubes Mixed cocktail</p> 	<p>19 Cold Lunch Apple juice Southwest chicken salad Blueberry cake</p> <p>Hot Lunch Apple juice Meatloaf w/gravy Green beans & carrots Whipped potatoes Blueberry cake</p>	<p>20 Cold Lunch Roast beef special/rye Apple</p> <p>Hot Lunch Crab cake Mac & cheese, stewed tomatoes Winter veggies Apple</p>
<p>23</p> <p>Roasted chicken thigh Peas & onions Mashed sweet potatoes Pudding</p>	<p>24 Cold Lunch Cream of mushroom soup Crab salad platter Broccoli salad Orange</p> <p>Hot Lunch Cream of Mushroom 3 Cheese pasta bake Carrots, beans, potatoes Orange</p>	<p>25 Cold Lunch Turkey club salad Carrot & raisin salad Diced pears</p> <p>Hot Lunch Grilled honey BBQ chicken Baked beans Broccoli & carrots Diced pears</p> 	<p>26 Cold Lunch Grilled chicken ceaser Pasta salad Diced peaches</p> <p>Hot Lunch Pizza burger Potato wedges, tossed salad Diced peaches</p>	<p>27 Cold Lunch Grilled chicken pita Potato salad Pineapple</p>  <p><u>Celebrate Birthdays!</u> Baked fish w/tomato Squash, carrots, broccoli Pineapple</p>
<p>30</p> <p>Chicken Noodle Soup Chicken Cordon Bleu Corn Brussel Sprouts Plum</p>		