

JUNE 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>1 Cold Lunch Grilled chicken sandwich Marinated cucumber salad Mandarin oranges</p> <p>Hot Lunch Panko crusted fish Tomatoes w/zucchini Scalloped potatoes Mandarin oranges</p>
<p>4</p> <p>Pineapple chicken stir fry Brown fried rice Pears</p> 	<p>5 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>6 Cold Lunch Almond craisin salad Mixed greens Beet salad Chocolate chip cookie</p> <p>Hot Lunch Turkey bolognaise Tossed salad w/ spinach Chocolate chip cookie</p>	<p>7 Cold Lunch Seafood salad Succotash salad Diced peaches</p> <p>Hot Lunch Herb roasted chicken leg Collard greens, grits Diced peaches</p>	<p>8 Cold Lunch Vegetable soup Italian combo sandwich Health salad Orange</p> <p>Hot Lunch Vegetable soup Mexican omelet Home fires Orange</p> 
<p>11</p> <p>Turkey Ala King Peach crisp Cinnamon applesauce</p>	<p>12 Cold Lunch Three cheese sandwich Marinated tomato salad Pineapple</p> <p>Hot Lunch Irish beef stew Snap peas & mushrooms Bowtie pasta Pineapple</p> 	<p>13 Cold Lunch Italian wedding soup Chef salad, 3 bean salad Mixed fruit cocktail</p> <p>Hot Lunch Italian wedding soup Chicken strips Sweet potato cubes Fruit cocktail</p>	<p>14 Cold Lunch Apple juice Southwest chicken salad Blueberry cake</p> <p>Father's Day Lunch Baked chicken w/gravy Baked mac & cheese Broccoli Chocolate cake</p> 	<p>15 Cold Lunch Roast beef special/rye Peach</p> <p>Hot Lunch Crab cake Mac & cheese, stewed tomatoes Winter veggies Apple</p>
<p>18</p> <p>Roasted chicken thigh Peas & onions Mashed sweet potatoes Pudding</p>	<p>19 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>20 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>21 Cold Lunch Grilled chicken ceaser Pasta salad Diced peaches</p> <p>Chef's Special Apple slices w/caramel</p> <p>Hot Lunch Pizza burger Potato wedges, tossed salad Diced peaches</p> 	<p>22 Cold Lunch Apple juice Grilled chicken pita Potato salad Pineapple</p> <p>Celebrate Birthdays! Baked fish w/tomato Squash, carrots, broccoli Pineapple</p> 
<p>25</p> <p>Chicken noodle soup Chicken cordon bleu Corn Brussel sprouts Plum</p> 	<p>26 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>27 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 Marble muffin</p>	<p>28 Cold Lunch Thai chicken salad Sesame noodles Mixed fruit cocktail</p> <p>WELCOME AMERICA</p> <p>Cheeseburger Corn on the cob Potato salad Pie, berries, ice cream</p> 	<p>29 Cold Lunch Grilled chicken sandwich Marinated cucumber salad Mandarin oranges</p> <p>Hot Lunch Panko crusted fish Tomatoes w/zucchini Scalloped potatoes Mandarin oranges</p>