

JULY 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>Orange sage chicken Red skinned potatoes Green beans Peaches</p> 	<p>3 Cold Lunch Turkey hoagie Health salad Fruit cocktail</p> <p>4th of July Meal</p> <p>Apple juice Fried chicken Potato wedges, cole slaw Shoepg corn, cherry pie</p>	<p>4</p> <p>CLOSED</p> 	<p>5 Cold Lunch Roast beef and swiss Carrot and raisin salad Orange</p> <p>Hot Lunch White chicken chili Zucchini & corn Brown rice Orange</p>	<p>6 Cold Lunch Garden salad w/chicken Chickpea salad Cinnamon raisin muffin</p> <p>Hot Lunch Sliced turkey w/gravy Sweet potatoes Brussel sprouts Cinnamon raisin muffin</p>
<p>9</p> <p>Raviolis with meatsauce Ceasar salad Broccoli & cauliflower Oatmeal cookie</p>	<p>10 Cold Lunch Tuna salad 3 bean salad Berry applesauce</p> <p>Hot Lunch Chicken & dumplings Green beans Brandied peaches Berry applesauce</p>	<p>11 Cold Lunch Grilled chicken cobb salad Potato salad Mandarin oranges</p> <p>Hot Lunch Swedish meatballs Mixed veggies Noodles Mandarin oranges</p> 	<p>12 Cold Lunch Chicken corn chowder Honey mustard turkey w/swiss in a pita Broccoli salad Fruit salad</p> <p>Hot Lunch Chicken corn chowder Caribbean chicken Sauted cabbage, snap peas Fruit salad</p>	<p>13 Cold Lunch Mandarin chicken salad Sesame noodles Plum</p> <p>Hot Lunch Sliced beef w/ au jus Whipped potatoes Roasted beets & Brussel sprouts Plum</p> 
<p>16</p>  <p>Asian BBQ chicken Stir fry veggies Rice Pineapples</p> 	<p>17 Cold Lunch Chicken ranch wrap Bean and corn salad Orange</p> <p>Hot Lunch Apple sage roasted turkey Cranberry stuffing Green bean almondine Orange</p>	<p>18 Cold Lunch Antipasto salad Tomato and bean salad Blueberry muffin</p> <p>Hot Lunch Meatloaf w/gravy Peas Whipped potatoes Blueberry muffin</p>	<p>19 Cold Lunch Chicken salad platter Dill cucumber salad Nectarine</p> <p>Hot Lunch Cornflake crusted fish Spinach, kale, and carrots Grits Nectarine</p>	<p>20 Cold Lunch Cream of broccoli soup Seafood salad platter Summertime salad Peaches</p> <p>Hot Lunch Cream of broccoli soup Mustard glazed chicken Mixed greens, potato hash peaches</p> 
<p>23</p> <p>Crabcake Mac & cheese Scalloped tomatoes Cole slaw Pears</p>	<p>24 Cold Lunch Vegetable soup Egg salad Tomato and onion salad Mandarin oranges</p> <p>Hot Lunch Vegetable soup Garlic sliced beef Ratatouille Mandarin oranges</p> 	<p>25 Cold Lunch Curry chicken salad Lentil salad Gingerbread muffin</p> <p>Hot Lunch Stuffed shells Broccoli Cherry applesauce Gingerbread muffin</p>	<p>26 Cold Lunch Turkey special Apple</p> <p>Hot Lunch Honey ginger chicken Mushrooms and green beans Confetti couscous Apple</p>	<p>27 Cold Lunch Power salad Beet salad Strawberry applesauce</p> <p>Celebrate Birthdays!</p> <p>Beef stroganoff Dill carrots Strawberry applesauce</p> 
<p>30</p> <p>Orange sage chicken Red skinned potatoes Green beans Peaches</p>	<p>31 Cold Lunch Turkey hoagie Health salad Fruit cocktail</p> <p>Hot Lunch Cheeseburger Tossed salad Potato wedges Fruit cocktail</p>	