

**OCTOBER 2018 LUNCH MENU**

403 Rector Street Philadelphia PA 19128  
215-487-1750  
www.journeys-way.org  
A Division of Intercommunity Action Inc.











Lunch is served at Noon daily.  
\*\*\*\* 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 suggested donation Age 60+**

<p><b>1</b></p>  <p>Caesar salad Ravoli w/meatsauce Broccoli &amp; cauliflower Oatmeal cookie</p>	<p><b>2 Cold Lunch</b> Tuna salad 3 bean salad Berry applesauce <b>Hot Lunch</b> Chicken &amp; biscut Green beans Brandied peaches Berry applesauce</p>	<p><b>3 Cold Lunch</b> Grilled chicken cobb salad Potato salad Mandarin oranges <b>Hot Lunch</b> Swedish meatballs Mixed veggies Noodles Mandarin oranges</p> 	<p><b>4 Cold Lunch</b> Chicken corn chowder Honey mustard turkey w/swiss Broccoli salad, fruit salad <b>Hot Lunch</b> Chicken corn chowder Carribbean chicken Sauted cabbage, sweet potato Fruit salad</p>	<p><b>5 Cold Lunch</b> Mandarin chicken salad Sesame noodles Apple <b>Hot Lunch</b> Roast beef w/au jus Whipped potatoes Brussel sprouts Apple</p>
<p><b>8</b></p> <p>Asian BBQ chicken Stir fry veggies Rice Pineapples</p> 	<p><b>9 Cold Lunch</b> Chicken ranch wrap Bean and corn salad Orange <b>Hot Lunch</b> Apple sage roasted turkey Cranberry stuffing Green bean almondine Orange</p>	<p><b>10 Cold Lunch</b> Antipasto salad Tomato and bean salad Blueberry muffin <b>Hot Lunch</b> Meatloaf w/gravy Peas Whipped potatoes Blueberry muffin</p>	<p><b>11 Cold Lunch</b> Chicken salad platter Dill cucumber salad Pear <b>Hot Lunch</b> Cornflake crusted fish Spinach, kale, and carrots Grits Pear</p> 	<p><b>12 Cold Lunch</b> Cream of broccoli soup Seafood salad platter Summertime salad Peaches <b>Hot Lunch</b> Cream of broccoli soup Mustard glazed chicken Potato hash, mixed greens Diced peaches</p>
<p><b>15</b></p> <p>Crabcake Mac &amp; cheese Scalloped tomatoes Cole slaw Pears</p>	<p><b>16 Cold Lunch</b> Vegetable soup Egg salad Tomato and onion salad Mandarin oranges <b>Hot Lunch</b> Vegetable soup Garlic sliced beef Ratatouille, mashed potato Mandarin oranges</p>	<p><b>17 Cold Lunch</b> Curry chicken salad Lentil salad Gingerbread muffin <b>Hot Lunch</b> Stuffed shells Broccoli Cherry applesauce Gingerbread muffin</p> 	<p><b>18 Cold Lunch</b> Turkey special /rye Apple <b>Hot Lunch</b> Honey ginger chicken Mushrooms and green beans Confetti rice Apple</p> 	<p><b>19 Cold Lunch</b> Power salad Beet salad Strawberry applesauce <b>Hot Lunch</b> Beef stroganoff Dill carrots, noodles Strawberry applesauce</p>
<p><b>22</b></p> <p>Orange sage chicken Red skinned potatoes Green beans Peaches</p>	<p><b>23 Cold Lunch</b> Turkey hoagie Health salad Fruit cocktail</p> 	<p><b>24 Cold Lunch</b> Chicken and rice soup Grilled chicken caesar salad Pasta salad, applesauce <b>Hot Lunch</b> Chicken and rice soup Fish w/tarragon Mushroom pilaf, carrots Applesauce</p>	<p><b>25 Cold Lunch</b> Roast beef and swiss Carrot and raisin salad Orange <b>Hot Lunch</b> White chicken chili Zucchini &amp; corn Brown rice Orange</p>	<p><b>26 Cold Lunch</b> Garden salad w/chicken Chickpea salad Cinnamon raisin muffin <b>Celebrate Birthdays!</b> <b>Hot Lunch</b> Sliced turkey w/gravy Whipped sweet potatoes Brussel sprouts, muffin</p> 
<p><b>29</b></p> <p>Caesar salad Ravoli w/meatsauce Broccoli &amp; cauliflower Oatmeal cookie</p>	<p><b>30 Cold Lunch</b> Tuna salad 3 bean salad Berry applesauce <b>Hot Lunch</b> Chicken &amp; biscut Green beans Brandied peaches Berry applesauce</p>	<p><b>31 Cold Lunch</b> Grilled chicken cobb salad Potato salad, mandarin oranges <b>Happy Halloween</b> <b>Hot Lunch</b> Swedish meatballs Mixed veggies, noodles Mandarin oranges</p>	