

NOVEMBER 2018 LUNCH MENU

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

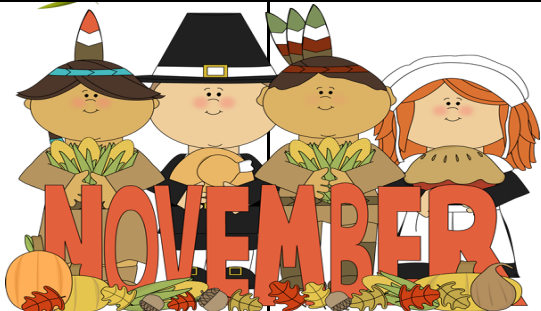
Lunch is served at Noon daily.







****** 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>5</p> <p>Asian BBQ chicken Stir fry veggies Rice Pineapples</p> 	<p>6 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>7 Cold Lunch Antipasto salad Tomato and bean salad Blueberry muffin</p> <p>Hot Lunch Meatloaf w/gravy Peas Whipped potatoes Blueberry muffin</p>	<p>1 Cold Lunch Chicken corn chowder Honey mustard turkey w/swiss Broccoli salad, fruit salad</p> <p>Hot Lunch Chicken corn chowder Caribbean chicken Sautéed cabbage, sweet potato Fruit salad</p>	<p>2 Cold Lunch Mandarin chicken salad Sesame noodles Apple</p> <p>Hot Lunch Roast beef w/au jus Whipped potatoes Brussel sprouts Apple</p>
<p>12</p> <p>Crabcake Mac & cheese Scalloped tomatoes Cole slaw Pears</p>	<p>13 Cold Lunch Vegetable soup Egg salad Tomato and onion salad Mandarin oranges</p> <p>Hot Lunch Vegetable soup Garlic sliced beef Ratatouille, mashed potato Mandarin oranges</p>	<p>14 Cold Lunch Curry chicken salad Lentil salad Gingerbread muffin</p> <p>Hot Lunch Stuffed shells Broccoli Cherry applesauce Gingerbread muffin</p> 	<p>15 Cold Lunch Turkey special /rye Apple</p> <p>Hot Lunch Honey ginger chicken Mushrooms and green beans Confetti rice Apple</p>	<p>16 Cold Lunch Power salad Beet salad Strawberry applesauce</p> <p>Hot Lunch Beef stroganoff Dill carrots, noodles Strawberry applesauce</p>
<p>19</p> <p>Orange sage chicken Red skinned potatoes Green beans Peaches</p> 	<p>20 Cold Lunch Turkey hoagie, health salad Fruit cocktail THANKSGIVING MEAL Apple juice Roast Turkey, gravy Cornbread stuffing Mashed sweet potatoes Green beans, pumpkin pie</p> 	<p>21 Cold Lunch Chicken and rice soup Grilled chicken caesar salad Pasta salad, applesauce</p> <p>Hot Lunch Chicken and rice soup Fish w/tarragon Mushroom pilaf, carrots Applesauce</p>	<p>22 Center Closed</p> <p>23</p> <p>HAPPY THANKSGIVING!</p> 	
<p>26</p> <p>Caesar salad Ravoli w/meatsauce Broccoli & cauliflower Oatmeal cookie</p>	<p>27 Cold Lunch Tuna salad 3 bean salad Berry applesauce</p> <p>Hot Lunch Chicken & biscuit Green beans Brandied peaches Berry applesauce</p> 	<p>28 Cold Lunch Grilled chicken cobb salad Potato salad Mandarin oranges</p> <p>Hot Lunch Swedish meatballs Mixed veggies, noodles Mandarin oranges</p>	<p>29 Cold Lunch Chicken corn chowder Honey mustard turkey w/swiss Broccoli salad, fruit salad</p> <p>Hot Lunch Chicken corn chowder Caribbean chicken Sautéed cabbage, sweet potato Fruit salad</p>	<p>30 Cold Lunch Mandarin chicken salad Sesame noodles Apple</p> <p>Celebrate Birthdays!</p> <p>Hot Lunch Roast beef w/au jus Whipped potatoes Brussel sprouts, apple</p> 