

**FEBRUARY 2019 LUNCH MENU**

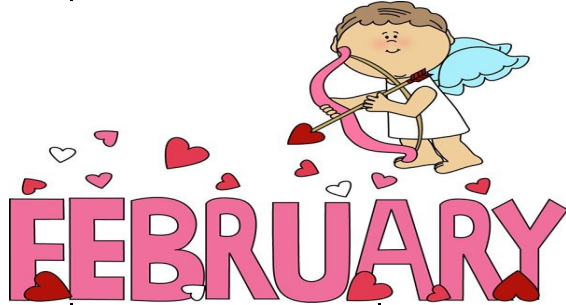
403 Rector Street Philadelphia PA 19128  
215-487-1750  
www.journeys-way.org  
A Division of Intercommunity Action Inc.

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+**



**1 Cold Lunch**  
Chicken salad  
Potato salad, health salad  
Sugar cookie  
**Hot Lunch**  
Crab cake w/mac & cheese  
Tossed salad  
Scalloped tomatoes  
Sugar cookie

**4**  
Sloppy joe & lentils  
California veggie blend  
Wax beans  
Chocolate chip cookie



**5 Cold Lunch**  
Swiss & cheddar sandwich  
Black bean & tomato salad  
Berry applesauce  
**Hot Lunch**  
Chicken marsala  
Red skinned potatoes  
Green bean almondine  
Berry applesauce

**6 Cold Lunch**  
Manhattan clam chowder  
Chef salad  
Veggie pasta salad  
Pear  
**Hot Lunch**  
Manhattan clam chowder  
Baked fish sandwich w/dill  
Grilled veggies  
Lemon herb rice, pear


**7 Cold Lunch**  
Cottage cheese & fruit  
Carrot raisin salad  
Diced peaches  
**Hot Lunch**  
Rotini w/meatballs  
Caesar salad  
Peas and carrots  
Diced peaches

**8 Cold Lunch**  
Garden salad w/chicken  
Couscous & cranberry  
Pineapple  
**Hot Lunch**  
Veggie omelet w/cheese  
Cran apple compote  
Hashbrowns  
Pineapple




**11**  
Pizza burger  
Potato wedges  
Garlic spinach & tomatoes  
Mandarin oranges

**12 Cold Lunch**  
Turkey ham & swiss pita  
Potato salad  
Orange  
**Hot Lunch**  
Garlic chicken  
Brown rice  
Sesame green beans  
Orange




**13 Cold Lunch**  
Grilled chicken salad  
Quinoa & kale salad  
Cinnamon applesauce  
**Hot Lunch**  
Sliced beef merlot  
Whipped sweet potatoes  
Tossed salad  
Cinnamon applesauce

**14 Cold Lunch**  
Greek salad w/tuna  
Chickpea salad  
Fruit cocktail  
**Valentine's Meal**  
Caesar salad  
Spaghetti & meatballs  
Green beans  
Cheesecake w/strawberry



**15 Cold Lunch**  
Mushroom barley soup  
Turkey on rye  
Cole slaw  
Fruit salad, banana muffin  
**Hot Lunch**  
Mushroom barley soup  
Butter crumb fish  
Parsley potatoes  
Ratatouille, banana muffin

**18**  
**CLOSED**  



**19 Cold Lunch**  
Turkey salad platter  
Marinated broccoli salad  
Lemon muffin  
**Hot Lunch**  
Roasted chicken thigh  
Carrots  
Cole slaw, lemon muffin

**20 Cold Lunch**  
Asian chicken salad  
Sesame noodle salad  
Mandarin oranges  
**Hot Lunch**  
Sliced roast beef w/gravy  
Mashed potatoes  
Mixed veggies  
Mandarin oranges



**21 Cold Lunch**  
Seafood salad, bean salad  
Dill cucumber salad  
Strawberry applesauce  
**Hot Lunch**  
Creamy diced chicken  
w/vegetables & noodles  
Brussel sprouts  
Strawberry applesauce

**22 Cold Lunch**  
Vegetable soup  
Roast beef caesar  
Macaroni salad, mixed fruit  
**Celebrate Birthdays!**  
Vegetable soup  
Baked fish w/capers & olives  
Orzo w/peppers, green beans  
Mixed fruit



**25**  
Tortellini w/meatballs  
Zucchini, carrots & squash  
Cinnamon apples  
Orange

**26 Cold Lunch**  
Chicken noodle soup  
Spinach salad w/egg  
Beet salad, applesauce  
**Hot Lunch**  
Chicken noodle soup  
BBQ chicken thigh, cabbage  
Seasoned potato cubes  
Applesauce

**27 Cold Lunch**  
Turkey & cheese on a roll  
Broccoli, onion & cranberry  
Diced pears  
**Hot Lunch**  
Pepper steak  
Oriental veggies, rice  
Diced pears

**28 Cold Lunch**  
Chicken taco salad  
Carrot salad  
Diced peaches  
**Hot Lunch**  
Rosemary roasted turkey  
Brussel sprouts  
Cornbread stuffing  
Diced peaches

**Valentine's Meal on February 14th**  
**Closed 2/18**  
**Celebrate Birthdays**  
**2/22/19**