

MARCH 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+



			 	<p>1 Cold Lunch Chicken salad Potato salad, health salad Sugar cookie</p> <p>Hot Lunch Crab cake w/mac & cheese Tossed salad Scalloped tomatoes Sugar cookie</p>
<p>4 </p> <p>Sloppy joe & lentils California veggie blend Wax beans Chocolate chip cookie</p>	<p>5 Cold Lunch Swiss & cheddar sandwich Black bean & tomato salad Berry applesauce</p> <p>Hot Lunch Chicken marsala Red skinned potatoes Green bean almondine Berry applesauce</p>	<p>6 Cold Lunch Manhattan clam chowder Chef salad Veggie pasta salad Pear</p> <p>Hot Lunch Manhattan clam chowder Baked fish sandwich w/dill Grilled veggies Lemon herb rice, pear</p>	<p>7 Cold Lunch Cottage cheese & fruit Carrot raisin salad Diced peaches</p> <p>Hot Lunch  Rotini w/meatballs Caesar salad Peas and carrots Diced peaches</p>	<p>8 Cold Lunch Garden salad w/chicken Couscous & cranberry Pineapple</p> <p>Hot Lunch Veggie omelet w/cheese Cran apple compote Hashbrowns Pineapple</p>
<p>11</p> <p>Pizza burger Potato wedges Garlic spinach & tomatoes Mandarin oranges</p>	<p>12 Cold Lunch Turkey ham & swiss pita Potato salad Orange </p> <p>Hot Lunch Garlic chicken Brown rice Sesame green beans Orange</p>	<p>13 Cold Lunch Grilled chicken salad Quinoa & kale salad Cinnamon applesauce</p> <p>Hot Lunch Sliced beef merlot Whipped sweet potatoes Tossed salad Cinnamon applesauce</p>	<p>14 Cold Lunch Greek salad w/tuna Chickpea salad Fruit cocktail</p> <p>Hot Lunch Baked chicken breast Stuffing Carrots, peas, broccoli Fruit cocktail</p>	<p>15 Cold Lunch Mushroom barley soup Turkey on rye Cole slaw Fruit salad, banana muffin</p> <p>Hot Lunch Mushroom barley soup Butter crumb fish Parsley potatoes Ratatouille, banana muffin</p>
<p>18</p> <p>Manicotti w/cheese Broccoli and carrots Diced pears w/oats Apple </p>	<p>19 Cold Lunch Turkey salad platter Marinated broccoli salad Lemon muffin</p> <p>Hot Lunch Roasted chicken thigh Carrots Cole slaw, lemon muffin</p>	<p>20 Cold Lunch Asian chicken salad Sesame noodle salad Mandarin oranges <u>St. Patrick's Day Meal</u> Cream of Potato Soup Corned Beef w/Cabbage Carrots, Whole Potatoes Irish Soda Bread  Shamrock Cake</p>	<p>21 Cold Lunch Seafood salad, bean salad Dill cucumber salad Strawberry applesauce</p> <p>Hot Lunch Creamy diced chicken w/vegetables & noodles Brussel sprouts Strawberry applesauce</p>	<p>22 Cold Lunch  Vegetable soup Roast beef caesar Macaroni salad, mixed fruit</p> <p><u>Celebrate Birthdays!</u> Vegetable soup Baked fish w/capers & olives Orzo w/peppers, green beans Mixed fruit</p>
<p>25</p> <p>Tortellini w/meatballs Zucchini, carrots & squash Cinnamon apples Orange</p>	<p>26 Cold Lunch Chicken noodle soup Spinach salad w/egg Beet salad, applesauce</p> <p>Hot Lunch Chicken noodle soup BBQ chicken thigh, cabbage Seasoned potato cubes Applesauce</p>	<p>27 Cold Lunch Turkey & cheese on a roll Broccoli, onion & cranberry Diced pears</p> <p>Hot Lunch Pepper steak Oriental veggies, rice Diced pears</p>	<p>28 Cold Lunch Chicken taco salad Carrot salad Diced peaches</p> <p>Hot Lunch Rosemary roasted turkey Brussel sprouts Cornbread stuffing Diced peaches</p>	<p>29 Cold Lunch Chicken salad Potato salad, health salad Sugar cookie </p> <p>Hot Lunch Crab cake w/mac & cheese Tossed salad Scalloped tomatoes Sugar cookie</p>