

**APRIL 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</p> <p>Sloppy joe &amp; lentils Broccoli &amp; cauliflower Carrots Chocolate chip cookie</p>	<p>2 <b>Cold Lunch</b> Swiss &amp; cheddar sandwich Black bean &amp; tomato salad Berry applesauce <b>Hot Lunch</b> Chicken marsala Red skinned potatoes Green bean almondine Berry applesauce</p>	<p>3 <b>Cold Lunch</b> Manhattan clam chowder Chef salad Veggie pasta salad Pear <b>Hot Lunch</b> Manhattan clam chowder Baked fish sandwich w/dill Grilled veggies Lemon herb rice, pear</p> 	<p>4 <b>Cold Lunch</b> Tuna salad platter Carrot pineapple salad Diced peaches <b>Hot Lunch</b> Rotini w/meatballs Caesar salad Peas and carrots Diced peaches</p>	<p>5 <b>Cold Lunch</b> Garden salad w/chicken Couscous &amp; cranberry Pineapple <b>Hot Lunch</b> Veggie omelet w/cheese Cran apple compote Hashbrowns Pineapple</p>
<p>8</p> <p>Pizza burger Potato wedges Garlic spinach &amp; tomatoes Mandarin oranges</p> 	<p>9 <b>Cold Lunch</b> Turkey ham &amp; swiss pita Potato salad Orange <b>Hot Lunch</b> Garlic chicken Brown rice Sesame green beans Orange</p>	<p>10 <b>Cold Lunch</b> Grilled chicken salad Quinoa &amp; kale salad Cinnamon applesauce <b>Hot Lunch</b> Sliced beef merlot Whipped sweet potatoes Tossed salad Cinnamon applesauce</p>	<p>11 <b>Cold Lunch</b> Greek salad w/tuna Chickpea salad Fruit cocktail <b>Hot Lunch</b> Baked chicken breast Stuffing Carrots, peas, broccoli Fruit cocktail</p> 	<p>12 <b>Cold Lunch</b> Mushroom barley soup Turkey on rye Cole slaw Fruit salad, banana muffin <b>Hot Lunch</b> Mushroom barley soup Butter crumb fish Parsley potatoes Ratatouille, banana muffin</p>
<p>15</p> <p>Manicotti w/cheese Broccoli and carrots Diced pears w/oats Apple</p>	<p>16 <b>Cold Lunch</b> Turkey salad platter Marinated broccoli salad Lemon muffin <b>Hot Lunch</b> Roasted chicken thigh Carrots Cole slaw, lemon muffin</p>	<p>17 <b>Cold Lunch</b> Asian chicken salad Sesame noodle salad Mandarin oranges <b>Hot Lunch</b> Sliced roast beef w/gravy Mashed potatoes Mixed vegetables Mandarin oranges</p> 	<p>18 <b>Cold Lunch</b> Seafood salad, bean salad Dill cucumber salad Strawberry applesauce <b>EASTER MEAL</b> Apple juice Glazed turkey ham w/fruit Corn pudding Winter veggie blend Apple pie</p> 	<p>19 <b>Cold Lunch</b> Vegetable soup Roast beef caesar Macaroni salad, mixed fruit <b>Celebrate Birthdays!</b> <b>Hot Lunch</b> Vegetable soup Baked fish w/capers &amp; olives Orzo w/peppers, green beans Mixed fruit</p> 
<p>22</p> <p>Tortellini w/meatballs Zucchini, carrots &amp; squash Cinnamon apples Orange</p> 	<p>23 <b>Cold Lunch</b> Chicken noodle soup Spinach salad w/egg Beet salad, applesauce <b>Hot Lunch</b> Chicken noodle soup BBQ chicken thigh, cabbage Seasoned potato cubes Applesauce</p>	<p>24 <b>Cold Lunch</b> Turkey &amp; cheese on a roll Broccoli, onion &amp; cranberry Diced pears <b>Hot Lunch</b> Pepper steak Oriental veggies, rice Diced pears</p>	<p>25 <b>Cold Lunch</b> Chicken taco salad Carrot salad Diced peaches <b>Hot Lunch</b> Rosemary roasted turkey Brussel sprouts Cornbread stuffing Diced peaches</p>	<p>26 <b>HEALTH FAIR</b> <b>HOAGIE LUNCH</b>  Choice of: *Cheese *Tuna *Italian *Turkey  Slips must be filled out at the front desk by <a href="#">4/16/19</a></p>
<p>29</p> <p>Sloppy joe &amp; lentils Broccoli &amp; cauliflower Carrots Chocolate chip cookie</p>	<p>30 <b>Cold Lunch</b> Swiss &amp; cheddar sandwich Black bean &amp; tomato salad Berry applesauce <b>Hot Lunch</b> Chicken marsala Red skinned potatoes Green bean almondine Berry applesauce</p>			