

**MAY 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><b>1 Cold Lunch</b> Manhattan clam chowder Chef salad Veggie pasta salad Pear</p> <p><b>Hot Lunch</b> Manhattan clam chowder Baked fish sandwich w/dill Grilled veggies Lemon herb rice, pear</p> 	<p><b>2 Cold Lunch</b> Tuna salad platter Carrot pineapple salad Diced peaches</p> <p><b>Hot Lunch</b> Rotini w/meatballs Caesar salad Peas and carrots Diced peaches</p>	<p><b>3 Cold Lunch</b> Garden salad w/chicken Couscous &amp; cranberry Pineapple</p> <p><b>Hot Lunch</b> Veggie omelet w/cheese Cran apple compote Hashbrowns Pineapple</p>
<p><b>6</b></p> <p>Pizza burger Potato wedges Garlic spinach &amp; tomatoes Mandarin oranges</p>	<p><b>7 Cold Lunch</b> Turkey ham &amp; swiss pita Potato salad Orange</p>  <p><b>Hot Lunch</b> Garlic chicken Brown rice Sesame green beans Orange</p>	<p><b>8 Cold Lunch</b> Grilled chicken salad Quinoa &amp; kale salad Cinnamon applesauce</p> <p><b>Hot Lunch</b> Sliced beef merlot Whipped sweet potatoes Tossed salad Cinnamon applesauce</p>	<p><b>9 Cold Lunch</b> Greek salad w/tuna Chickpea salad Fruit cocktail</p> <p><b>Hot Lunch</b> Baked chicken breast Stuffing Carrots, peas, broccoli Fruit cocktail</p>	<p><b>10 Cold Lunch</b> Mushroom barley soup Turkey on rye Cole slaw Fruit salad, banana muffin</p>  <p><b>Mother's Day Lunch</b> Sliced roast beef &amp; gravy Red bliss potatoes Green beans almandine Strawberry shortcake</p>
<p><b>13</b></p> <p>Manicotti w/cheese Broccoli and carrots Diced pears w/oats Apple</p> 	<p><b>14 Cold Lunch</b> Turkey salad platter Marinated broccoli salad Lemon muffin</p> <p><b>Hot Lunch</b> Roasted chicken thigh Carrots Cole slaw, lemon muffin</p>	<p><b>15 Cold Lunch</b> Asian chicken salad Sesame noodle salad Mandarin oranges</p> <p><b>Hot Lunch</b> Sliced roast beef w/gravy Mashed potatoes Mixed vegetables Mandarin oranges</p>	<p><b>16 Cold Lunch</b> Seafood salad, bean salad Dill cucumber salad Strawberry applesauce</p> <p><b>Hot Lunch</b> Creamy chicken w/veggies Noodles Brussel sprouts Strawberry applesauce</p>	<p><b>17 Cold Lunch</b> Vegetable soup Roast beef caesar Macaroni salad, mixed fruit</p> <p><b>Hot Lunch</b> Vegetable soup Baked fish w/capers &amp; olives Orzo w/peppers, green beans Mixed fruit</p>
<p><b>20</b></p> <p>Tortellini w/meatballs Zucchini, carrots &amp; squash Cinnamon apples Orange</p>	<p><b>21 Cold Lunch</b> Chicken noodle soup Spinach salad w/egg Beet salad, applesauce</p> <p><b>Hot Lunch</b> Chicken noodle soup BBQ chicken, cabbage Seasoned potato cubes Applesauce</p>	<p><b>22 Cold Lunch</b> Turkey &amp; cheese on a roll Broccoli, onion &amp; cranberry Diced pears</p> <p><b>Hot Lunch</b> Pepper steak Oriental veggies, rice Diced pears</p>	<p><b>23 Cold Lunch</b> Chicken taco salad Carrot salad Diced peaches</p> <p><b>Hot Lunch</b> Rosemary roasted turkey Brussel sprouts Cornbread stuffing Diced peaches</p> 	<p><b>24 Cold Lunch</b> Chicken salad platter Health salad, potato salad Sugar cookie</p>  <p><b>Celebrate Birthdays!</b> Crab cake w/ mac &amp; cheese Scalloped tomatoes Sugar cookie</p>
<p><b>27</b></p> <p><b>CLOSED</b></p> <p><b>MEMORIAL DAY</b></p> 	<p><b>28 Cold Lunch</b> Swiss &amp; cheddar sandwich Black bean &amp; tomato salad Berry applesauce</p> <p><b>Hot Lunch</b> Chicken marsala Red skinned potatoes Green bean almondine Berry applesauce</p>	<p><b>29 Cold Lunch</b> Manhattan clam chowder Chef salad Veggie pasta salad Pear</p> <p><b>Hot Lunch</b> Manhattan clam chowder Baked fish sandwich w/dill Grilled veggies Lemon herb rice, pear</p>	<p><b>30 Cold Lunch</b> Tuna salad platter Carrot pineapple salad Diced peaches</p> <p><b>Hot Lunch</b> Rotini w/meatballs Caesar salad Peas and carrots</p>	<p><b>31 Cold Lunch</b> Garden salad w/chicken Couscous &amp; cranberry Pineapple</p> <p><b>Hot Lunch</b> Veggie omelet w/cheese Cran apple compote Hashbrowns Pineapple</p> 