

JULY 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.





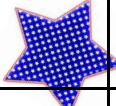




****** PLEASE SIGN IN BY 11:45. If you're going to be later, call us before 11:45. ******

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>Sweet & Sour Chicken Brown Fried Rice Oriental veggies Plum</p> 	<p>2 Cold Lunch Minestrone soup Grilled chicken caeser Greek chickpea salad Chocolate chip cookie</p> <p>Hot Lunch Minestrone, Meatloaf Whipped potatoes Carrots, Choc chip cookie</p>	<p>3 Cold Lunch Chicken salad waldorf Diced apples 3 bean salad, Applesauce</p> <p>4th of July Lunch Hot Dog, Cole slaw Baked beans Tossed salad Patriotic Cupcake</p> 	<p>4 CLOSED</p> 	<p>5 CLOSED</p> 
<p>8</p> <p>Butter Crumb Fish Garlic kale & spinach Ratatouille Peach Applesauce</p>	<p>9 Cold Lunch Asian Chicken salad Sesame pasta salad Mandarin oranges, pear</p> <p>Hot Lunch Garlic chicken Brown rice Sesame green beans Orange</p>	<p>10 Cold Lunch Roast beef special Dill cucumber salad Diced pears</p> <p>Hot Lunch Fajita chicken, Spanish rice Snap peas, tossed salad Diced pears</p> 	<p>11 Cold Lunch Turkey hoagie Potato salad Mandarin oranges</p> <p>Hot Lunch Baked chicken breast Stuffing Carrots, peas, broccoli Fruit cocktail</p>	<p>12 Cold Lunch Tomato & rice soup Seafood salad Green bean salad Sugar cookie</p> <p>Hot Lunch Tomato & rice soup Herb roasted chicken Rosemary potatoes Green beans, Sugar cookie</p>
<p>15</p>  <p>Cheeseburger Potato wedges Fiesta corn peach</p>	<p>16 Cold Lunch Grilled chicken salad Macaroni salad Cinnamon applesauce</p> <p>Hot Lunch Spanish omelet Zucchini & corn Diced potatoes Cinnamon applesauce</p>	<p>17 Cold Lunch Chicken veggie rotini Southwest chicken salad Marinated carrot salad Pudding</p> <p>Hot Lunch Chicken veggie rotini BBQ chicken thigh Cabbage, Black eyed peas Pudding</p>	<p>18 Cold Lunch Chicken and cheddar pita Health salad Pineapple</p> <p>Hot Lunch Sliced sesame ginger beef Brown rice, broccoli Health salad Pineapple</p> 	<p>19 Cold Lunch Egg salad platter Summer salad Veggie pasta salad Fruit cocktail</p> <p>Hot Lunch Ravioli Spinach & carrots Cauliflower Fruit cocktail</p>
<p>22</p> <p>Lentil soup Tilapia w/lemon & capers Parsley potatoes Broccoli Marble muffin</p> 	<p>23 Cold Lunch Assorted deli sandwich Couscous salad Italian veggie blend Nectarine</p> <p>Hot Lunch Garlic brown sugar chicken Sweet potato cube Snap peas, nectarine</p>	<p>24 Cold Lunch Chicken, tomato salad Bowtie pasta salad Peaches</p> <p>Hot Lunch Salisbury steak Whipped potatoes Mixed veggies Peaches</p>	<p>25 Cold Lunch Seven layer salad Berry applesauce</p> <p>Hot Lunch Eggplant rollup Rotini w/sauce Carrots Berry applesauce</p>	<p>26 Cold Lunch Turkey salad platter Carrot & raisin salad Mandarin oranges</p> <p>Celebrate Birthdays! Grilled chicken w/wine sauce Squash, zucchini, carrots Coleslaw, rice pilaf, oranges</p> 
<p>29</p> <p>Sweet & Sour Chicken Brown Fried Rice Oriental veggies Plum</p>	<p>30 Cold Lunch Minestrone soup Grilled chicken caeser Greek chickpea salad Chocolate chip cookie</p> <p>Hot Lunch Minestrone, Meatloaf Whipped potatoes Carrots, choco chip cookie</p>	<p>31 Cold Lunch Chicken salad waldorf Diced apples 3 bean salad, Applesauce</p> <p>Hot Lunch Crab cake w/mac & cheese Scalloped tomatoes Applesauce</p>	