

AUGUST 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>5</p> <p>Butter Crumb Fish Garlic kale & spinach Ratatouille Peach Applesauce</p> 	<p>6 Cold Lunch Asian Chicken salad Sesame pasta salad Pear</p> <p>Hot Lunch Turkey w/herb apple glaze Brussel sprouts Beets Pear</p>	<p>7 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>1 Cold Lunch Tuna salad platter Broccoli salad Fruit cocktail</p> <p>Hot Lunch Grilled chicken parm Broccoli & cauliflower Penne pasta/sauce Fruit cocktail</p> 	<p>2 Cold Lunch Turkey and swiss Coleslaw Pineapple</p> <p>9 Cold Lunch Tomato & rice soup Seafood salad Green bean salad Sugar cookie</p> <p>J W</p>
<p>12</p> <p>Cheeseburger Potato wedges Fiesta corn peach</p>	<p>13 Cold Lunch Grilled chicken salad Macaroni salad Cinnamon applesauce</p> <p>Hot Lunch Spanish omelet Zucchini & corn Diced potatoes Cinnamon applesauce</p>	<p>14 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>8 Cold Lunch Turkey hoagie Potato salad Mandarin oranges</p> <p>Hot Lunch Swedish meatballs Peas and carrots Noodles Mandarin oranges</p>	<p>15 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</p> <p>Lentil soup Tilapia w/lemon & capers Parsley potatoes Broccoli Marble muffin</p> 	<p>20 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>21 Cold Lunch Chicken, tomato salad Bowtie pasta salad Peaches</p> <p>Hot Lunch Salisbury steak Whipped potatoes Mixed veggies Peaches</p>	<p>22 Cold Lunch Seven layer salad Berry applesauce</p> <p>Hot Lunch Eggplant rollup Rotini w/sauce Carrots Berry applesauce</p>	<p>23 Cold Lunch Turkey salad platter Carrot & raisin salad Mandarin oranges</p> <p>Celebrate Birthdays!</p> 
<p>26</p> <p>Sweet & Sour Chicken Brown Fried Rice Oriental veggies Plum</p>	<p>27 Cold Lunch Minestrone soup Grilled chicken caesar Greek chickpea salad Chocolate chip cookie</p> <p>Hot Lunch Minestrone, Meatloaf Whipped potatoes Carrots, choco chip cookie Chocolate chip cookies</p>	<p>28 Cold Lunch Chicken salad waldorf Diced apples 3 bean salad, Applesauce</p> <p>Hot Lunch Crab cake w/mac & cheese Scalloped tomatoes Applesauce</p>	<p>29 Cold Lunch Tuna salad platter Broccoli salad Fruit cocktail</p> <p>Hot Lunch Grilled chicken parm Broccoli & cauliflower Penne pasta/sauce</p>	<p>30 Cold Lunch Turkey and swiss Coleslaw Pineapple</p> 