

**OCTOBER 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>Jazz Performance 10/9</p>	<p><b>1 Cold Lunch</b> Asian Chicken salad Sesame pasta salad Pear</p> <p><b>Hot Lunch</b> Turkey w/herb apple glaze Brussel sprouts Beets, pear</p>	<p><b>2 Cold Lunch</b> Roast beef special Dill cucumber salad Diced pears</p> <p><b>Hot Lunch</b> Fajita chicken, Spanish rice Snap peas, tossed salad Diced pears</p>	<p><b>3 Cold Lunch</b> Turkey hoagie Potato salad Mandarin oranges</p> <p><b>Hot Lunch</b> Swedish meatballs Peas and carrots Noodles Mandarin oranges</p>	<p><b>4 Cold Lunch</b> Seafood salad Green bean salad Peach applesauce</p> <p><b>Hot Lunch</b> Butter Crumb Fish Garlic kale &amp; spinach Ratatouille Peach Applesauce</p>
<p>7</p> <p>Cheeseburger Potato wedges Fiesta corn Orange</p>	<p><b>8 Cold Lunch</b> Grilled chicken salad Macaroni salad Cinnamon applesauce</p> <p><b>Hot Lunch</b> Spanish omelet Zucchini &amp; corn Diced potatoes Cinnamon applesauce</p>	<p><b>9 Cold Lunch</b> Chicken veggie rotini Southwest chicken salad Marinated carrot salad Pudding</p>	<p><b>10 Cold Lunch</b> Chicken and cheddar pita Health salad Pineapple</p> <p><b>Hot Lunch</b> Sliced sesame ginger beef Brown rice, broccoli Health salad Pineapple</p>	<p><b>11 Cold Lunch</b> Egg salad platter Summer salad Veggie pasta salad Fruit cocktail</p> <p><b>Hot Lunch</b> Ravioli Spinach and carrots Cauliflower Fruit cocktail</p>
<p>14</p> <p>Lentil soup Tilapia w/lemon &amp; capers Parsley potatoes Broccoli Marble muffin</p>	<p><b>15 Cold Lunch</b> Assorted deli sandwich Couscous salad Italian veggie blend Apple</p> <p><b>Hot Lunch</b> Garlic brown sugar chicken Sweet potato cube Snap peas, apple</p>	<p><b>16 Cold Lunch</b> Chicken, tomato salad Bowtie pasta salad Peaches</p> <p><b>Hot Lunch</b> Salisbury steak Whipped potatoes Mixed veggies Peaches</p>	<p><b>17 Cold Lunch</b> Seven layer salad Marinated cucumber salad Diced pears</p> <p><b>Hot Lunch</b> Lasagna Carrots &amp; broccoli Health salad Pineapple</p>	<p><b>18 Cold Lunch</b> Turkey salad platter Carrot &amp; raisin salad Mandarin oranges</p> <p><b>Hot Lunch</b> Grilled chicken w/wine sauce Squash, zucchini, carrots Brown rice pilaf, cole slaw Mandarin oranges</p>
<p>21</p> <p>Sweet &amp; Sour Chicken Brown Fried Rice Oriental veggies Orange</p>	<p><b>22 Cold Lunch</b> Minestrone soup Grilled chicken caesar Greek chickpea salad Chocolate chip cookie</p> <p><b>Hot Lunch</b> Minestrone, Meatloaf Whipped potatoes Carrots, choco chip cookie</p>	<p><b>23 Cold Lunch</b> Chicken salad waldorf Diced apples 3 bean salad, Applesauce</p> <p><b>Hot Lunch</b> Crab cake w/mac &amp; cheese Scalloped tomatoes Applesauce</p>	<p><b>24 Cold Lunch</b> Tuna salad platter Broccoli salad Fruit cocktail</p> <p><b>Hot Lunch</b> Grilled chicken parm Broccoli &amp; cauliflower Penne pasta/sauce Fruit cocktail</p>	<p><b>25 Cold Lunch</b> Turkey and swiss Coleslaw Pineapple</p> <p><u><b>Celebrate Birthdays!</b></u> 3 bean and beef chili Brown rice, corn Cucumber &amp; onion salad Pineapple</p>
<p>28</p> <p>Tomato and rice soup Herb roasted chicken Rosemary red potatoes Green beans Sugar cookie</p>	<p><b>29 Cold Lunch</b> Asian Chicken salad Sesame pasta salad Pear</p> <p><i>Volunteer Lunch Invitation only</i></p>	<p><b>30 Cold Lunch</b> Roast beef special Dill cucumber salad Diced pears</p> <p><b>Happy Halloween</b> Pumpkin soup Goulash, noodles, salad Chocolate iced brownie</p>	<p><b>31 Cold Lunch</b> Turkey hoagie Potato salad Mandarin oranges</p> <p><b>Hot Lunch</b> Swedish meatballs Peas and carrots Noodles Mandarin oranges</p>	