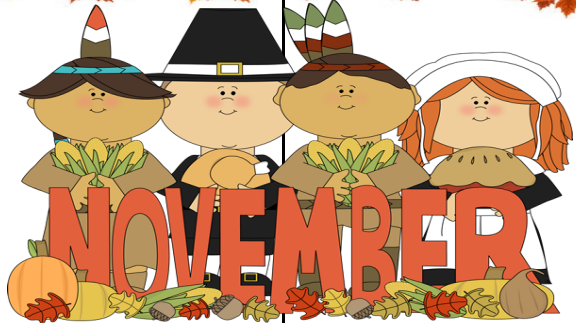


NOVEMBER 2019 LUNCH MENU

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+



1 Cold Lunch
Seafood salad
Green bean salad
Peach applesauce
Hot Lunch
Butter Crumb Fish
Garlic kale & spinach
Ratatouille
Peach Applesauce


4
Cheeseburger
Potato wedges
Fiesta corn
Orange

5 Cold Lunch
Grilled chicken salad
Macaroni salad
Cinnamon applesauce
Hot Lunch
Spanish omelet
Zucchini & corn
Diced potatoes
Cinnamon applesauce

6 Cold Lunch
Chicken veggie rotini
Southwest chicken salad
Marinated carrot salad
Pudding
Hot Lunch
Chicken veggie rotini
BBQ chicken thigh
Sautéed cabbage
Black eyed peas, pudding


7 Cold Lunch
Chicken and cheddar pita
Health salad
Pineapple
Hot Lunch
Sliced sesame ginger beef
Brown rice, broccoli
Health salad
Pineapple


8 Cold Lunch
Egg salad platter
Summer salad
Veggie pasta salad
Fruit cocktail
Hot Lunch
Ravioli
Spinach and carrots
Cauliflower
Fruit cocktail

11
Lentil soup
Tilapia w/lemon & capers
Parsley potatoes
Broccoli
Marble muffin 

12 Cold Lunch
Assorted deli sandwich
Couscous salad
Italian veggie blend
Apple
Hot Lunch
Garlic brown sugar chicken
Sweet potato cube
Snap peas, apple

13 Cold Lunch
Chicken, tomato salad
Bowtie pasta salad
Peaches
Hot Lunch
Salisbury steak
Whipped potatoes
Mixed veggies
Peaches

14 Cold Lunch
Seven layer salad
Marinated cucumber salad
Diced pears
Hot Lunch 
Lasagna
Carrots & broccoli
Health salad
Pineapple


15 Cold Lunch
Turkey salad platter 
Carrot & raisin salad
Mandarin oranges
Celebrate Birthdays!
Grilled chicken w/wine sauce
Squash, zucchini, carrots
Brown rice pilaf, cole slaw
Mandarin oranges

18
Sweet & Sour Chicken
Brown Fried Rice
Oriental veggies
Orange

19 Cold Lunch
Minestrone soup
Grilled chicken caesar
Greek chickpea salad
Chocolate chip cookie
Hot Lunch 
Minestrone, Meatloaf
Whipped potatoes
Carrots, choco chip cookie

20 Cold Lunch
Chicken salad waldorf
Diced apples
3 bean salad, Applesauce
Hot Lunch
Crab cake w/mac & cheese
Scalloped tomatoes
Applesauce

21 Cold Lunch
Tuna salad platter
Broccoli salad
Fruit cocktail
Hot Lunch
Grilled chicken parm
Broccoli & cauliflower
Penne pasta/sauce
Fruit cocktail

22 Cold Lunch 
Turkey and swiss
Coleslaw
Pineapple
Thanksgiving Meal
Roast turkey w/gravy
Green bean almondine
Mashed potatoes, cranberry
Sweet potato pie

25
Tomato and rice soup
Herb roasted chicken
Rosemary red potatoes
Green beans
Sugar cookie

26 Cold Lunch
Asian Chicken salad
Sesame pasta salad
Pear
Hot Lunch
Turkey w/herb apple glaze
Brussel sprouts
Beets, pear

27 Cold Lunch
Roast beef special
Dill cucumber salad
Diced pears
Hot Lunch
Fajita chicken, Spanish rice
Snap peas, tossed salad
Diced pears

