

DECEMBER 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>2</p> <p>Cheeseburger Potato wedges Fiesta corn Orange</p> 	<p>3 Cold Lunch Grilled chicken salad Macaroni salad Cinnamon applesauce</p> <p>Hot Lunch Spanish omelet Zucchini & corn Diced potatoes</p>	<p>4 Cold Lunch Chicken veggie rotini Southwest chicken salad Marinated carrot salad Pudding</p> <p>Hot Lunch Chicken veggie rotini BBQ chicken thigh Sautéed cabbage Black eyed peas, pudding</p>	<p>5 Cold Lunch Chicken and cheddar pita Health salad Pineapple</p> <p>Hot Lunch Sliced sesame ginger beef Brown rice, broccoli Health salad</p>	<p>6 Cold Lunch Egg salad platter Summer salad Veggie pasta salad Fruit cocktail</p> <p>Hot Lunch Ravioli Spinach and carrots Cauliflower</p>
<p>9</p> <p>Lentil soup Tilapia w/lemon & capers Parsley potatoes Broccoli Marble muffin</p> 	<p>10 Cold Lunch Assorted deli sandwich Couscous salad Italian veggie blend Apple</p> <p>Hot Lunch Garlic brown sugar chicken Sweet potato cube Snap peas, apple</p>	<p>11 Cold Lunch Chicken, tomato salad Bowtie pasta salad Peaches</p> <p>Hot Lunch Salisbury steak Whipped potatoes Mixed veggies Peaches</p> 	<p>12 Cold Lunch Seven layer salad Marinated cucumber salad Diced pears</p> <p>Hot Lunch Lasagna Carrots & broccoli Health salad Pineapple</p>	<p>13 Cold Lunch Turkey salad platter Carrot & raisin salad Mandarin oranges</p> <p>Hot Lunch Grilled chicken w/wine sauce Squash, zucchini, carrots Brown rice pilaf, cole slaw Mandarin oranges</p>
<p>16</p> <p>Sweet & Sour Chicken Brown Fried Rice Oriental veggies Orange</p>	<p>17 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</p>	<p>18 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>19 Cold Lunch Tuna salad platter Broccoli salad Fruit cocktail</p> <p>HOLIDAY MEAL Apple juice Sliced roast beef Red bliss potatoes Green beans Cheesecake w/strawberries</p>	<p>20 Cold Lunch Turkey & swiss Cole slaw Pineapple</p> <p>Celebrate Birthdays!</p>  <p>Chili Brown rice Cucumber & onion salad Pineapple</p>
<p>23</p> <p>Tomato and rice soup Herb roasted chicken Rosemary red potatoes Green beans Sugar cookie</p> 	<p>24 Cold Lunch Asian Chicken salad Sesame pasta salad Pear</p> <p>Hot Lunch Turkey w/herb apple glaze Brussel sprouts Beets, pear</p>	<p>25</p> <p>CLOSED</p> 	<p>26 Cold Lunch Turkey hoagie Potato salad Mandarin oranges</p> <p>Hot Lunch Swedish meatballs Peas and carrots Mandarin oranges</p> 	<p>27 Cold Lunch Seafood salad Green bean salad Peach applesauce</p> <p>Hot Lunch Butter Crumb Fish Garlic kale & spinach Ratatouille Peach Applesauce</p>
<p>30</p> <p>Cheeseburger Potato wedges Fiesta corn Orange</p>	<p>31 Cold Lunch Grilled chicken salad Macaroni salad Cinnamon applesauce</p> <p>Hot Lunch Spanish omelet Zucchini & corn Diced potatoes</p>	