

LUNCH MENU

August 2015

403 Rector Street Philadelphia PA 19128

P-215-487-1750 F-215-508-1925

www.journeys-way.org

<p>3</p> <p>Meatball sandwich Provolone cheese Cucumber salad Broccoli Orange sections</p>	<p>4 Cold Lunch Chicken salad Cucumber salad Orange sections</p> <p>Hot Lunch Roast turkey dinner w/gravy Stuffing, spinach Cranberry sauce Scalloped apples</p>	<p>5 Cold Lunch Roast turkey on rye Cole slaw Peaches</p> <p>Hot Lunch Vegetable soup Cheeseburger Cole slaw Cantaloupe</p>	<p>6 Cold Lunch Grilled chicken sandwich Spinach Potato salad Apple slices</p> <p>Hot Lunch Baked fish Macaroni & cheese Green bean w/tomato Strawberries</p>	<p>7 Cold Lunch Egg salad platter Cucumber, lettuce, tomato Strawberries</p> <p>Hot Lunch BBQ chicken breast Macaroni salad Broccoli Pineapple</p>
<p>10</p> <p>Beef stroganoff Peas & carrots Tossed salad Strawberries</p>	<p>11 Cold Lunch Chicken Caesar salad Vanilla wafer cookies Plum</p> <p>Hot Lunch Roasted pork loin Sauerkraut Baked sweet potato Cranberry sauce Honeydew melon</p>	<p>12 Cold Lunch Roast turkey wrap Macaroni salad Mandarin oranges</p> <p>Hot Lunch Meatloaf w/gravy Mashed potatoes Green beans Spinach salad Vanilla wafers</p>	<p>13 Cold Lunch Tuna pasta plate Tossed salad w/ranch Melon</p> <p>Hot Lunch Chicken cordon bleu Collard greens Steamed white rice Mini corn muffin Peaches</p>	<p>14 Cold Lunch Chicken salad platter Tomato salad Bran muffin Pineapple chunks</p> <p>Hot Lunch Pepper steak Rice Tossed salad Mandarin oranges</p>
<p>17</p> <p>Grilled lemon chicken Oven browned potatoes California veggie blend Pineapples</p>	<p>18 Cold Lunch Grilled chicken sandwich Tossed salad Grapes</p> <p>Hot Lunch Roast turkey breast Sweet potato Cauliflower w/red pepper Spinach salad Cranberry sauce, berries</p>	<p>19 Cold Lunch Turkey cobb salad French dressing Apple slices</p> <p>Hot Lunch Salisbury steak Mashed potatoes Seasoned spinach apricots</p>	<p>20 Cold Lunch Chicken pasta platter Tomato & cucumber salad Apricots</p> <p>Hot Lunch Veal parmesan Green beans Buttered rotini Orange</p>	<p>21 Cold Lunch Cheese & fruit plate Carrot sticks w/ranch Orange</p> <p>Hot Lunch Open faced roast beef Mashed potatoes Peas & onions Strawberries</p>
<p>24</p> <p>Mixed fruit juice Honey chicken Rice pilaf Broccoli Sliced apples Gingersnap cookies</p>	<p>25 Cold Lunch Roast beef Caesar wrap Three bean salad Cole slaw Cantaloupe</p> <p>Hot Lunch Turkey a la king Mixed vegetables Tossed salad Cantaloupe</p>	<p>26 Cold Lunch Italian hoagie Tossed salad Pineapple chunks</p> <p>Hot Lunch Beef stew Oven browned potatoes Carrots Plum</p>	<p>27 Cold Lunch Oriental chicken sa Mandarin oranges Apple slices</p> <p>Hot Lunch Baked tilapia Brown rice, green beans Tossed salad Water ice CELEBRATE BIRTHDAYS!</p>	<p>28 Cold Lunch Beef a roni Tossed salad w/tomatoes Cooked spinach Orange sections</p> <p>Hot Lunch Mixed fruit juice Honey chicken Rice pilaf, broccoli Apple slices</p>
<p>31</p> <p>Southwest chicken fajita Tossed salad Peaches</p>		<p>Lunch is served at Noon. If you're going to be late, just give us a call by 11:45.</p> <p>Call 2 days in advance to reserve your meal (215) 487-1750 x1101</p>	<p>Cost: Age 55-59 - \$4.00</p> <p>Age 60+ - optional suggested donation \$2.00 - \$4.00</p> <p>(Your choice)</p>	