

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The Center at Journey's Way is a program of Intercommunity Action Inc



October 2010

Lunch Menu

Call 2 days in advance to reserve your meal (215) 487-1750

Cost: Age 55-59 \$3.25,

Age 60+, optional suggested donation

\$2.00 - \$3.25 (The amount you pay is your choice)



1
Cream of Broccoli
Italian Baked Fish
White Rice, Corn
Mixed Fruit
Cold Lunch
Cranberry Juice
Tuna Pasta Salad
Marinated Tomato Salad
Saltine Crackers
Fresh Banana

4
Orange Juice
BBQ Boneless Chicken
Macaroni & Cheese
Green Beans
Sliced Peaches

5
Pineapple Juice
Beef Stew
Cornbread
Graham Crackers
Fresh Apple
Cold Lunch
Apple Juice
Oriental Chicken Salad
Chow Mein Noodles
Fresh Orange

6
Grape Juice
Roasted Turkey
Sweet Potatoes, Broccoli
Bread Stuffing, Dinner Roll
Pears
Cold Lunch
Orange Juice
Egg Salad Sandwich
Green Bean Salad
Fresh Plum

7
Chicken Noodle Soup
Crackers
Beef Stroganoff
Cauliflower
Fresh Orange
Cold Lunch
Pineapple Juice
Tuna Salad Plate, Wheat Roll
Tossed Salad w/Tomato
Fruit Cocktail

8
Grape Juice
Salisbury Steak w/Gravy
Brown Rice
Stewed Tomatoes
Vanilla Wafer
Cold Lunch
Grape Juice
Grilled Chicken Sandwich
Coleslaw, Graham Crackers
Fresh Banana

11
Tomato Soup
Tossed Salad w/Tomato
Crackers
Chicken & Pasta Casserole
Sliced Peaches & Pears

12
Cranberry Juice
Swedish Meatballs
Egg Noodles
Glazed Carrots
Wheat Bread
Apple,
Creamy Lime Jell-O
Cold Lunch
Mixed Meat Hoagie
3 Bean Salad
Fresh Banana

13
Chicken Pot Pie
Green Beans
Whole Wheat Roll
Apricots
Cold Lunch
Apple Juice
Chicken Salad
Broccoli & Cauliflower Salad
Whole Wheat Roll
Fruit Plate

14
Pineapple Juice
Meatloaf w/Gravy
Mashed Potatoes
Snap Peas, Wheat Bread
Fresh Banana
Cold Lunch
Cranberry Juice
Broccoli Quiche
Tossed Salad with Tomato
Corn Bread
Fresh Orange

15
Orange Juice
Cheesy Baked Fish
Fluffy Rice
California Blend Vegetables
Graham Crackers
Apple Sauce
Cold Lunch
Orange Juice
Turkey Pastrami Wrap
Coleslaw
Fresh Plum

18
Low Sodium Veggie Soup
Tuna Noodle Casserole
Marinated Carrot Salad
Mandarin Oranges

19
Orange Juice
Tossed Salad with Tomato
Chicken Stir Fry
White Rice, Biscuit
Chow Mein Noodles
Fresh Pear
Cold Lunch
Cranberry Juice
Chicken Pasta Salad
Marinated Tomato Salad
Saltine Crackers, Apple

20
Pineapple Juice
Hot Roast Beef Sandwich
O'Brien Potatoes
Brussel Sprouts
Apple, Peach Cobbler
Cold Lunch
Pineapple Juice
Tuna Salad Wrap
Baby Carrots
Graham Crackers
Fresh Pear

21
Veal Parmesan w/Sauce
Spiral Pasta
Green Beans, Wheat Roll
Fresh Orange
Chocolate Pudding Cup
Cold Lunch
Apple Juice
Ham & Swiss Cheese Hoagie
3 Bean Salad
Graham Crackers
Fresh Orange

22
Turkey Divan
Capri Blend Vegetables
Wheat Bread
Graham Crackers
Peaches
Cold Lunch
Grape Juice
Grilled Chicken Sandwich
Tossed Salad with Tomato
Saltine Crackers
Fresh Banana

25
Apple Juice
Chicken Cacciatore
Rotini
Seasoned Broccoli
Wheat Bread
Pineapple

26
Pork Roast with Gravy
Scalloped Potatoes
Creamed Spinach
Whole Wheat Dinner Roll
Graham Crackers, Orange
Cold Lunch
Chicken Salad
Broccoli & Cauliflower Salad
Whole Wheat Roll
Graham Crackers
Fruit Plate

27
Cream of Broccoli Soup
Tossed Salad with Tomato
Stuffed Shells
Banana Pudding, Apricots
Cold Lunch
Grape Juice
Cheese Quiche
Tossed Salad
Corn Bread
Saltine Crackers
Fresh Pear

28
Pineapple Juice
Roasted Turkey w/Gravy
Baked Sweet Potato
Sage Bread Stuffing
Baked Apples
Cold Lunch
Orange Juice
Turkey Wrap
Coleslaw
Mandarin Oranges

29
Chili Con Carne
White Rice
Seasoned Corn
Mixed Fruit
Cold Lunch
Cranberry Juice
Tuna Pasta Salad
Marinated Tomato Salad
Saltine Crackers
Fresh Banana

