MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOURNEY'S Way RESOURCES & PROGRAMS FOR PEOPLE 55+ 6012 Ridge Ave Philadelphia, PA 19128 215.487.1750 **December Lunch Menu**	1 Romaine Salad Chicken Parmesan Pasta with Sauce Green Beans Sherbet **Cold Lunch** Cranberry Juice Turkey on Pumpernickel Tomato Salad Swiss Cream Cookies	2 Swedish Meatballs Noodles Chopped Spinach Coleslaw Vanilla Pudding **Cold Lunch** Pineapple Juice Antipasto Salad Dinner Roll / Bread Sticks Oreo Cookies	3 Bean & Bacon Soup BBQ Grilled Chicken Steamed Brown Rice Mixed Vegetables Fresh Banana **Cold Lunch** Orange Juice Tossed Salad w/Egg Salad Grain Dinner Roll / Crackers Fresh Orange	4 Minestrone Soup Italian Sausage w/Peppers & Onions Whipped Potato Corn German Chocolate Cake **Cold Lunch** Orange Pineapple Juice Chicken Salad w/Tomato & Egg Wedges Roll / Pasta Salad Apple Sauce
7 Apple Juice Rotisserie Chicken Brown Rice Broccoli Whole Wheat Bread Fresh Apple	8 Chicken Noodle Soup Tuna & Swiss on Bun Pickled Beets Potato Salad Medium Orange **Cold Lunch** **Orange-Pineapple Juice** **Ham & Cheese Hoagie** **Potato Salad** **Fresh Orange**	9 Pasta with Meatballs Spinach Whole Grain Roll Pineapple Tidbits **Cold Lunch** Pineapple Juice Italian Marinated Chicken on Romaine Lettuce Pasta Salad / Dinner Roll Fresh Apple	10 Pineapple Juice Roast Pork with Gravy Brown Rice Green Beans Tropical Fruit **Cold Lunch** Orange Juice Chef Salad Bread Sticks / Dinner Roll Diced Peaches	11 Orange Juice Cheeseburger Tater Tots Lettuce & Tomato Red Jell-O **Cold Lunch** Cranberry Juice Waldorf Chicken Salad on Wheat Coleslaw Oreo Cookies
14 Tossed Salad Veal Parmesan Pasta with Sauce California Vegetables Wheat Roll Vanilla Ice Cream	15 Pineapple Juice Hot Roast Beef Sandwich Peas & Carrots Fresh Orange **Cold Lunch** Pineapple Juice Ham & Cheese on Rye Coleslaw Swiss Cream Cookies	16 Hot Meatloaf Sandwich Whipped Potatoes Diced Beets Pineapple Tidbits **Cold Lunch** Apple Juice Roast Beef & Swiss on Rye Coleslaw / 3 Bean Salad Fresh Apple	17***Center Holiday Party*** ***Roast Chicken Breast*** ***Roasted Potatoes with Garlic & Rosemary*** ***Peas with Pearl Onions*** ***Holiday Cookies & Ice Cream*** **Cold Lunch** Orange Juice Chicken Caesar Salad Bread Sticks Oreo Cookies	18 **Center Closed** **"Moving Day"**
21	22	23	24	25 **Closed** **Happy Holidays!**
Center Closed for Moving and Unpacking				
28 Bean & Bacon Soup Chicken Salad Sandwich Lettuce & Tomato Potato Salad Mandarin Oranges	29 Cranberry Juice Roast Turkey with Gravy Stuffing Peas & Carrots Diced Peaches **Cold Lunch** Cranberry Juice Turkey on Pumpernickel Tomato Salad Swiss Cream Cookies	30 Romaine Salad Chicken Parmesan Pasta with Sauce Green Beans Sherbet **Cold Lunch** Pineapple Juice Antipasto Salad Dinner Roll / Bread Sticks Oreo Cookies	31 **Celebrate Birthdays!** Roast Pork & Sauerkraut Mashed Potatoes Roll & Butter Apple Pie Cake & Ice Cream **Cold Lunch** Orange Juice Tossed Salad w/Egg Salad Dinner Roll / Crackers Fresh Orange 	**December 2009 Lunch Menu** Call 2 days in advance to reserve your meal (215) 487-1750 $1.50 suggested optional donation