

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Juice BBQ Chicken Carrots Whole Wheat Bread Granola Bar	2 Pineapple Juice Tossed Salad with Tomato Beef Stew, Cornbread Graham Crackers, Yogurt Cold Lunch Chicken Salad Plate Cucumber Salad, Wheat Roll Graham Crackers Fruit Plate	3 Grape Juice Roast Turkey, Broccoli Glazed Sweet Potato Wheat Roll, Pears Cold Lunch Grape Juice Cheese Quiche, Cornbread Tossed Salad, Saltines Fresh Pear	4 Fish & Chips (Breaded Whitefish & Potato Wedges) California Blend Veggies Fresh Melon, Oatmeal Cookie Cold Lunch Grape Juice Turkey Wrap, Wheat Roll Carrot Raisin Salad Oatmeal Cookies	5 Grape Juice Salisbury Steak with Gravy Brown Rice, Stewed Tomatoes Strawberries, Vanilla Wafers Cold Lunch Cranberry Juice Tuna Pasta Salad Apple Bran Muffin, Banana Marinated Tomato Salad
8 Orange Juice Lemon Butter Chicken Tossed Salad w/ Tomato Rice Pilaf, Wheat Roll Fresh Pear Vanilla Pudding	9 Cranberry Juice Roast Beef with Au Jus Parsley Potatoes Glazed Carrots, Granola Bar Cantaloupe, Lime Jell-O <i>Plus Caesar Salad Station</i> Cold Lunch Apple Juice, Tri Salad Plate (Chicken & Tuna Salad) Coleslaw, Graham Crackers Fresh Fruit Medley	10 Tomato Soup Turkey Sandwich Lettuce & Tomato Three Bean Salad Apricots Cold Lunch Cranberry Juice Ham & Swiss on Wheat Corn & Bean Salad, Lettuce & Tomato Grapes	11 Pineapple Juice Meatloaf with Gravy Mashed Potatoes Snap Peas, Multigrain Bread Granola Bar Fresh Banana Cold Lunch Pineapple Juice Tuna Salad Plate, Wheat Roll Tossed Salad, Saltines Fruit Cocktail	12 Orange Juice Cheesy Baked Fish Potato Wedges, Italian Bread California Blend Veggies Applesauce, Graham Crackers Cold Lunch Grape Juice Grilled Chicken Sandwich on Wheat Roll, Lettuce & Tomato Coleslaw, Fresh Banana Strawberry Oatmeal Bar
15 Vegetable Soup Crab Cakes Coleslaw, Wheat Bread Stewed Tomatoes Wheatsworth Crackers Mandarin Oranges Fig Bar	16 Orange Juice Tossed Salad Chicken Stir Fry, White Rice Chow Mien Noodles, Biscuit Strawberries Cold Lunch Poor Boy Sandwich (Bologna, Ham, Salami & Cheese) on Wheat Roll 3 Bean Salad Fresh Pear	17 Country Fried Steak Cream Gravy, Brussel Sprouts Potatoes O'Brian Wheat Bread Graham Crackers, Melon Cold Lunch Cranberry Juice Spinach & Chicken Salad Wheat Roll, Saltines Strawberries Rice Pudding	18 Cranberry Juice Veal Parmesan, Wheat Roll Spiral Pasta, Carrots Granola Bar, Fresh Orange Chocolate Pudding Cold Lunch Orange Juice Three Cheese Hoagie Tomato & Onion Salad Macaroni Salad, Granola Bar Melon Chunks	19 Turkey Divan California Blend Veggies Garlic Mashed Potatoes Graham Cracker, Wheat Bread Fresh Banana Cold Lunch Grape Juice Turkey Pastrami & Swiss on Rye, Lettuce & Tomato Coleslaw Fresh Plum
22 Apple Juice Chicken Cacciatore Rotini Pasta Broccoli Whole Wheat Bread Pineapple Chunks Vanilla Yogurt	23 Roast Pork with Gravy Scalloped Potatoes Creamed Spinach Graham Cracker, Wheat Roll Tropical Fruit Cold Lunch Cranberry Juice Chicken Pasta Salad Marinated Tomato Salad Saltines, Fresh Apple	24 Orange Juice Tossed Salad Stuffed Shells, Wheat Bread Banana Pudding Dessert Cold Lunch Pineapple Juice Tuna Salad Sandwich Baby Carrots Graham Crackers Fresh Pear	25 Celebrate Birthdays! Pineapple Juice Roast Turkey w/ Gravy Baked Sweet Potato Bread Stuffing, Granola Bar Baked Apple Slices Cold Lunch Apple Juice Chicken Caesar Salad Whole Wheat Roll Fresh Orange	26 Cream of Broccoli Soup Italian Baked Fish White Rice, Corn Mixed Fruit Cold Lunch Orange Juice Three Cheese Hoagie Tomato & Onion Salad Macaroni Salad Melon Chunks
29 Grape Juice Meat Free Lasagna Tossed Salad w/Tomato Italian Blend Veggies Wheat Breadsticks Rice Pudding	30 Orange Juice BBQ Chicken Wheat Bread Carrots Granola Bar Cold Lunch Apple Juice Cottage Cheese & Fruit Plate Baby Carrots Wheat Crackers, Bran Muffin Fresh Orange	31 Pineapple Juice Tossed Salad with Tomato Beef Stew, Cornbread Graham Crackers Yogurt Cold Lunch Chicken Salad Plate Cucumber Salad Whole Wheat Roll Graham Crackers Fruit Plate	 JOURNEY'S <small>RESOURCES & PROGRAMS FOR PEOPLE 55+ Way</small> A Division of Intercommunity Action,  <h2>August 2011 Lunch Menu</h2> <p>Call at least 2 days in advance to reserve your meal 215-487-1750 Luch Cost: Age 55-59 \$3.25 Age 60+, optional suggested donation \$2.00 - \$3.25 (The amount you pay is <u>your choice</u>)</p>	