
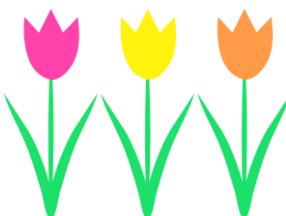
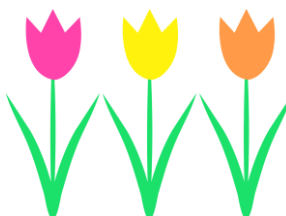


YWCA San Gabriel Valley - Senior Café Menu

IMPORTANT: "YOUR CHOICE" MEALS WILL BE ORDERED BASED ON THE SELECTIONS MADE; OTHERWISE, FIRST COME, FIRST SERVED. YOU SHOULD KNOW THAT WE MAY NOT BE ABLE TO HONOR YOUR FIRST CHOICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ORANGE JUICE ROSEMARY CHICKEN PARSLEY POTATOES MIXED VEGETABLES COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING (1/2 CUP FRUIT)	4 STEAK PICADA IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH LS PINTO BEANS CARROT-BROCCOLI SLAW FLOUR TORTILLA W/ MARGARINE FRESH BANANA	5 VEGETABLE SOUP & CRACKERS CHICKEN CHOW MEIN BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD CANTALOUPE	6 MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES (VIT. C) GREEN PEAS TOSSED SALAD W/ RADISH & RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS	7 YOUR CHOICE SLICED TURKEY IN LS GRAVY OR FISH VERA CRUZ IN LS SALSA W/ TARTAR SAUCE & LEMON SLICE FRESH SWEET POTATOES BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS
10 ROAST PORK W/ LS GRAVY MASHED POTATOES (VIT. C) CARROTS THREE BEAN SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	11 ROAST TURKEY W/ LS GRAVY & CRANBERRY GARNISH FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	12 ALBONDIGAS SOUP & CRACKERS BEEF FAJITAS IN LS SAUCE TEX-MEX BROWN & WHITE RICE LS BLACK BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD	13 SOUP & SUB CHICKEN NOODLE SOUP & CRACKERS SUBMARINE SANDWICH W/ ROAST BEEF, TURKEY & .5 OZ JACK CHEESE MAYO & MUSTARD PACKETS LETTUCE & TOMATO SLICES POTATO SALAD CARROT- BROCCOLI SLAW WHOLE GRAIN HOAGIE ROLL FRESH BANANA	14 YOUR CHOICE PORK CARNITAS OR SALMON IN LS LEMON- DILL SAUCE W/ TARTAR SAUCE & LEMON SLICE BAKED WINTER SQUASH REFRIED BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE CANTALOUPE
17 ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	18 ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS IN LS SAUCE TEX-MEX BROWN & WHITE RICE LS BLACK BEANS MARINATED BEET & ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP	19 CREAMY SQUASH SOUP & CRACKERS SLICED PORK LOIN ROAST IN LS GRAVY MASHED POTATOES (VIT C) CREAMED SPINACH LETTUCE W/ RADISHES & MUSHROOMS SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	20 ITALIAN MEATBALLS IN LS TOMATO SAUCE SPAGHETTI IN LS TOMATO SAUCE GREEN BEANS CAESAR SALAD W/ CROUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS	21 CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS PEACHES
24 ORANGE JUICE SWEET & SOUR PORK IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ MUSHROOMS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE	25 LENTIL SOUP & CRACKERS HAMBURGER W/ LETTUCE, TOMATO, & ONION SLICES MUSTARD, KETCHUP, MAYO PACKETS PARSLEY POTATOES CARROTS COLESLAW WHOLE GRAIN HAMBURGER BUN CANTALOUPE	26 VEGETABLE SOUP & CRACKERS ROAST TURKEY W/ LS GRAVY CRANBERRY GARNISH CORNBREAD STUFFING GREEN PEAS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH ORANGE SECTIONS	27 BARBEQUE CHICKEN LEG & THIGH IN LS SAUCE FRESH SWEET POTATOES HOT BEETS W/ ONIONS CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	28 CREAMY SQUASH SOUP & CRACKERS ITALIAN MEATLOAF W/ LS ITALIAN SAUCE MASHED POTATOES (VIT C) CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE FRESH APPLE
			Administered by <u>YWCA San Gabriel Valley & the Inland Communities</u> And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended. YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasgv	

SUBJECT TO CHANGE WITHOUT NOTICE * SUGGESTED DONATION \$3.00 *** 1% LOW FAT MILK INCLUDED
HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS**