



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
		1 VEGETABLE SOUP & CRACKERS SLICED ROAST TURKEY IN LS GRAVY & CRANBERRY SAUCE GARNISH GREEN PEAS CORNBREAD STUFFING MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH ORANGE SECTIONS	2 ROSEMARY CHICKEN LEG & THIGH IN LS SAUCE FRESH SWEET POTATOES HOT BEETS W/ ONIONS BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	3 CREAMY SQUASH SOUP & CRACKERS ITALIAN MEATLOAF IN LS BROWN GRAVY MASHED POTATOES (VIT C) CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE FRESH APPLE
6 OVEN FRIED CHICKEN W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	7 SLICED ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	8 CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING HONEYDEW	9 MINSTRONE SOUP & CRACKERS STUFFED BELL PEPPER IN LS SAUCE BROCCOLI BAKED WINTER SQUASH STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	10 BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & ONION SLICE MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW WHOLE GRAIN BREAD (2 SL) W/ MARGARINE PINEAPPLE CHUNKS
13 CREAMY SQUASH SOUP & CRACKERS SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISH & CUCUMBER ITALIAN DRESSING PEACH COBBLER W/ OATMEAL TOPPING (1/2 C FRUIT)	14 Valentine's Day ORANGE JUICE HAWAIIAN CHICKEN LEG & THIGH IN LS SAUCE RICE PILAF (BROWN & WHITE) HOT BEETS W/ PINEAPPLE CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	15 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ IN LS TOMATO SAUCE W/ TARTAR SAUCE & LEMON SLICE GREEN PEAS FRESH SWEET POTATOES APPLE SALAD FLOUR TORTILLA W/ MARGARINE GINGERED PEARS	16 SLICED LS TURKEY IN LS GRAVY PARSLEY POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	17 NAVY BEAN SOUP & CRACKERS BARBEQUE PORK RIBBLET SANDWICH IN LS SAUCE CREAMED SPINACH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE CANTALOUPE
20  CENTERS CLOSED	21 STEAK PICADA W/ PICO DE GALLO BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, GREEN PEPPER, & ONION SALAD FLOUR TORTILLA W/ MARGARINE SLICED PEARS	22 SOUP & SUB VEGETABLE SOUP & CRACKERS SUBMARINE SANDWICH W/ ROAST BEEF, TURKEY, & .5 OZ JACK CHEESE LETTUCE & TOMATO SLICE MACARONI SALAD CARROT- RAISIN SALAD WHOLE GRAIN HOAGIE ROLL CANTALOUPE	23 SWISS STEAK IN 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	24 LENTIL SOUP & CRACKERS SLICED LS TURKEY IN LS GRAVY FRESH SWEET POTATOES BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
27 ROAST PORK IN LS GRAVY MASHED POTATOES (VIT C) CARROTS LS THREE BEAN SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	28 YOUR CHOICE SLICED ROAST TURKEY OR SALMON IN LS PESTO SAUCE W/ TARTAR SAUCE & LEMON SLICE CREAMED SPINACH GREEN PEAS GARDEN SALAD W/ RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE HONEYDEW	Administered by YWCA San Gabriel Valley & the Inland Communities 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/ywcasg		

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**