



## 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
<p><b>2</b></p>  <p><b>CENTERS CLOSED</b></p>	<p><b>3</b></p> <p>ORANGE JUICE HAWAIIAN CHICKEN RICE PILAF (WHITE &amp; BROWN RICE) LS BLACK BEANS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING (1/2 CUP FRUIT)</p>	<p><b>4</b></p> <p>CHIPOTLE ROAST PORK W/ LS SAUCE GREEN PEAS FRESH SWEET POTATOES APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p><b>5 YOUR CHOICE</b></p> <p>SLICED TURKEY W/ LS GRAVY OR SALMON IN LS PESTO SAUCE W/ TARTAR SAUCE &amp; LEMON SLICE</p> <p>PARSLEY POTATOES CORN NIBBLETES CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>6</b></p> <p>NAVY BEAN SOUP &amp; CRACKERS BARBEQUE PORK RIBBLET SANDWICH IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE CANTALOUPE</p>
<p><b>9</b></p> <p>ORANGE JUICE ROSEMARY CHICKEN IN LS SAUCE PARSLEY POTATOES MIXED VEGETABLES COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING (1/2 CUP FRUIT)</p>	<p><b>10</b></p> <p>BEEF FAJITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH GREEN BEANS CITRUS FRUIT CUP FLOUR TORTILLA W/ MARGARINE FRESH BANANA</p>	<p><b>11</b></p> <p>VEGETABLE SOUP &amp; CRACKERS CHICKEN CHOP SUEY IN LS SAUCE BROWN &amp; WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD CANTALOUPE</p>	<p><b>12</b></p> <p>MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES (VIT C) GREEN PEAS TOSSED SALAD W/ RADISH &amp; RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p><b>13</b></p> <p>LENTIL SOUP &amp; CRACKERS SLICED TURKEY W/ LS GRAVY FRESH SWEET POTATOES BROCCOLI MARINATED BEET &amp; ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS</p>
<p><b>16</b></p> <p><b>MARTIN LUTHER KING JR. DAY</b></p>  <p><b>CENTERS CLOSED</b></p>	<p><b>17 YOUR CHOICE</b></p> <p>ROAST TURKEY W/ LS GRAVY OR SALMON IN LS LEMON-DILL SAUCE W/ TARTAR SAUCE &amp; LEMON SLICE</p> <p>FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p><b>18</b></p> <p>ALBONDIGAS SOUP &amp; CRACKERS STEAK PICADO W/ LS SAUCE TEX MEX BROWN &amp; WHITE RICE LS BLACK BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD</p>	<p><b>19</b></p> <p>VEGETABLE BEEF BARLEY SOUP &amp; CRACKERS TERIYAKI CHICKEN LEG &amp; THIGH IN LS SAUCE CREAMED SPINACH CORN NIBBLETES CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p><b>20</b></p> <p>PORK CARNITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH LS REFRIED BEANS MARINATED TOMATO, ONION &amp; GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE HONEYDEW</p>
<p><b>23</b></p> <p>ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p><b>24</b></p> <p>ALBONDIGAS SOUP &amp; CRACKERS CHICKEN FAJITAS TEX-MEX BROWN &amp; WHITE RICE LS PINTO BEANS MARINATED TOMATO, GREEN PEPPER &amp; ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>25</b></p> <p>CREAMY SQUASH SOUP &amp; CRACKERS SLICED PORK LOIN ROAST IN LS GRAVY FRESH SWEET POTATOES CREAMED SPINACH LETTUCE W/ RADISH &amp; MUSHROOMS SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p><b>26</b></p> <p>ITALIAN MEATBALLS W/ LS TOMATO SAUCE SPAGHETTI IN LS TOMATO SAUCE GREEN BEANS CORN CAESAR SALAD W/ DRESSING &amp; CROUTONS FRENCH BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p><b>27</b></p> <p>CHICKEN CHOP SUEY IN LS SAUCE BROWN &amp; WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS PEACHES</p>
<p><b>30</b></p> <p>ORANGE JUICE SWEET &amp; 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</p>	<p><b>31</b></p> <p>LENTIL SOUP &amp; CRACKERS HAMBURGER PATTY W/ LETTUCE, TOMATO &amp; ONION MAYO, MUSTARD, KETCHUP PARSLEY POTATOES CARROT COINS MACARONI SALAD WHOLE GRAIN BUN CANTALOUPE</p>	<p>Administered by <b>YWCA San Gabriel Valley &amp; the Inland Communities</b> And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.</p> <p>YWCA San Gabriel Valley &amp; the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447</p> <p>email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a> <a href="https://www.facebook.com/ywcasg">facebook.com/ywcasg</a></p>		

**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**