


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>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.</p> <p>YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447</p> <p>email: intervale@ywcasgv.org facebook.com/ywcasg</p>			<p>1 ITALIAN MEATBALLS W/ LS TOMATO SAUCE SPAGHETTI IN LS TOMATO SAUCE GREEN BEANS CAESAR SALAD W/ DRESSING & CROUTONS WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>2 SOUP & SUB VEGETABLE SOUP & CRACKERS SUBMARINE SANDWICH W/ ROAST BEEF, TURKEY, & .5 OZ JACK CHEESE MAYO & MUSTARD PACKETS LETTUCE & TOMATO SLICES POTATO SALAD CARROT-RAISIN SALAD WHOLE GRAIN HOAGIE ROLL HONEYDEW</p>
<p>5 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</p>	<p>6 LENTIL SOUP & CRACKERS HAMBURGER PATTY W/ LETTUCE, TOMATO & ONION SLICES MUSTARD, MAYO, KETCHUP PARSLEY POTATOES CARROT COINS MACARONI SALAD WHOLE GRAIN HAMBURGER BUN CANTALOUPE</p>	<p>7 VEGETABLE SOUP & CRACKERS ROAST TURKEY W/ LS GRAVY & CRANBERRY SAUCE GARNISH CORNBREAD STUFFING GREEN PEAS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>8 ROSEMARY CHICKEN LEG & THIGH IN LS SAUCE HARVARD BEETS FRESH SWEET POTATOES BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>9 CREAMY SQUASH SOUP & CRACKERS MEATLOAF IN LS BROWN GRAVY MASHED POTATOES (VIT. C) CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING SOURDOUGH BREAD W/ MARGARINE FRESH APPLE</p>
<p>12 LEMON HERB CHICKEN IN LS SAUCE SCALLOPED POTATOES GREEN PEAS CARROT- BROCCOLI SLAW CORNBREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>13 ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING</p>	<p>14 CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LIMA BEANS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING HONEYDEW</p>	<p>15 MINISTRONE SOUP & CRACKERS STUFFED BELL PEPPER IN LS SAUCE RICE PILAF (BROWN & WHITE) CREAMED SPINACH STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	<p>16 FATHER'S DAY MENU BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SHELL MACARONI SALAD TOMATO & ONION SLICES W/ BELL PEPPER STRIPS LETTUCE W/ RED CABBAGE, RADISHES & MUSHROOMS VINAIGRETTE DRESSING WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS</p>
<p>19 CREAMY SQUASH SOUP & CRACKERS SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISHES & CUCUMBER ITALIAN DRESSING GINGERED PEARS</p>	<p>20 ORANGE JUICE HAWAIIAN CHICKEN LEG & THIGH IN LS SAUCE RICE PILAF (BROWN & WHITE) HOT BEETS W/ PINEAPPLE CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING (1/2 CUP FRUIT)</p>	<p>21 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ IN LS SAUCE W/ TARTAR SAUCE & LEMON SLICE</p> <hr/> <p>GREEN PEAS FRESH SWEET POTATOES APPLE SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA</p>	<p>22 LS SLICED TURKEY W/ LS GRAVY PARSLEY POTATOES CORN NIBBLETS CARROT BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>23 NAVY BEAN SOUP & 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 CANTALOUPE</p>
<p>26 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>27 BEEF FAJITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA</p>	<p>28 VEGETABLE SOUP & CRACKERS CHICKEN CHOW MEIN IN LS SAUCE CHINESE NOODLES (IN ENTRÉE) GARLIC BABY BOK CHOY SUNSET SALAD HONEYDEW</p>	<p>29 LENTIL SOUP & CRACKERS ITALIAN MEATLOAF IN LS ITALIAN SAUCE MASHED POTATOES (VIT C) GREEN PEAS TOSSED SALAD W/ RADISH & RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>30 YOUR CHOICE SLICED LS TURKEY IN LS GRAVY OR SALMON IN MUSTARD- DILL SAUCE W/ TARTAR SAUCE & LEMON SLICE</p> <hr/> <p>FRESH SWEET POTATOES BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS</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**