

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/ywcasgv</p>		<p>1 CHICKEN NOODLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, ONION & TOMATO POTATO SALAD CREAMY COLESLAW CITRUS FRUIT SALAD WHOLE GRAIN BREAD (2 SL) CUSTARD</p>	<p>2 VEGETABLE SOUP & CRACKERS HAWAIIAN CHICKEN LEG & THIGH IN LS SAUCE FRESH SWEET POTATOES LIMA BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>3 YOUR CHOICE PORK CARNITAS IN LS SAUCE OR FISH VERA CRUZ IN LS SALSA W/ TARTAR SAUCE & LEMON SLICE</p> <hr/> <p>BAKED WINTER SQUASH LS REFRIED BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FLOUR TORTILLA W/ MARGARINE ORANGE SECTIONS</p>
<p>6 SLICED ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>7 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</p>	<p>8 CREAMY SQUASH SOUP & CRACKERS PORK LOIN ROAST IN LS GRAVY FRESH SWEET POTATOES BROCCOLI LETTUCE W/ RADISH & MUSHROOM SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>9 ITALIAN MEATBALLS IN LS TOMATO SAUCE SPAGHETTI IN LS TOMATO SAUCE GREEN BEANS CAESAR SALAD W/ DRESSING & CROUTONS WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	<p>10 YOUR CHOICE CHICKEN CHOP SUEY IN LS SAUCE OR HERBED TILAPIA W/ LS MUSTARD-DILL SAUCE W/ TARTAR SAUCE & LEMON SLICE</p> <hr/> <p>BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS PEACHES</p>
<p>13 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>14 LENTIL SOUP & CRACKERS HAMBURGER PATTY W/ LETTUCE, TOMATO & ONION SLICE MUSTARD, KETCHUP & RELISH PACKETS PARSLEY POTATOES CARROT COINS CREAMY COLESLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE HONEYDEW</p>	<p>15 VEGETABLE BEEF BARLEY SOUP & CRACKERS ROAST TURKEY W/ LS GRAVY & CRANBERRY SAUCE CORNBREAD STUFFING GREEN PEAS MARINATED TOMATO, ONION & GREEN PEPPER SALAD ORANGE SECTIONS</p>	<p>16 ST. PATTY'S DAY MENU ORANGE JUICE CORNED BEEF BOILED NEW POTATOES CABBAGE GREEN SALAD THOUSAND ISLAND DRESSING WHOLE GRAIN ROLL W/ MARGARINE BANANA</p>	<p>17 YOUR CHOICE CREAMY SQUASH SOUP & CRACKERS</p> <hr/> <p>ITALIAN MEATLOAF W/ LS ITALIAN SAUCE OR BREADED FISH FILLET W/ LEMON SLICE & TARTAR SAUCE</p> <hr/> <p>PARSLIED NOODLES BROCCOLI W/ RED PEPPERS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRESH APPLE</p>
<p>20 LEMON- HERB ROAST CHICKEN CORNBREAD STUFFING GREEN PEAS CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>21 SLICED ROAST PORK IN LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING</p>	<p>22 CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING CANTALOUPE</p>	<p>23 MINSTRONE SOUP & CRACKERS STUFFED BELL PEPPER IN LS SAUCE BROCCOLI CREAMED SPINACH STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	<p>24 BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, ONION & TOMATO LS THREE BEAN SALAD MARINATED BEET & ONION SALAD CREAMY COLESLAW WHOLE GRAIN BREAD (2 SL) PINEAPPLE CHUNKS</p>
<p>27 CREAMY SQUASH SOUP & CRACKERS SWEDISH MEATBALLS IN LS SOUR CREAM SAUCE SPIRAL PASTA NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISH & CUCUMBER ITALIAN DRESSING FRESH BANANA</p>	<p>28 ORANGE JUICE HAWAIIAN CHICKEN LEG & THIGH IN LS SAUCE RICE PILAF HOT BEETS W/ PINEAPPLE CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING (½ CUP FRUIT)</p>	<p>29 CHIPOTLE ROAST PORK IN LS SAUCE GREEN PEAS FRESH SWEET POTATOES APPLE SALAD FLOUR TORTILLA W/ MARGARINE GINGERED PEARS</p>	<p>30 LS SLICED TURKEY IN LS SAUCE PARSLEY POTATOES CORN NIBBLET CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>31 YOUR CHOICE NAVY BEAN SOUP & CRACKERS</p> <hr/> <p>BARBEQUE PORK RIBBLET IN LS SAUCE OR SALMON IN LS MUSTARD-DILL SAUCE W/ LEMON SLICE & TARTAR SAUCE</p> <hr/> <p>BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD (1 SL) W/ MARGARINE CANTALOUPE</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**