


## 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
<b>1</b> LEMON HERB CHICKEN IN LS SAUCE SCALLOPED POTATOES GREEN PEAS CARROT- BROCCOLI SLAW CORNBREAD W/ MARGARINE CITRUS FRUIT CUP	<b>2</b> SLICED ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	<b>3</b> CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING CANTALOUPE	<b>4</b> MINSTRONE SOUP & CRACKERS STUFFED BELL PEPPER IN LS SAUCE RICE PILAF (BROWN & WHITE RICE) BROCCOLI STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	<b>5</b> BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, ONION, & TOMATO MACARONI SALAD CREAMY COLESLAW WHOLE GRAIN HAMBURGER BUN PINEAPPLE CHUNKS
<b>8</b> CREAMY SQUASH SOUP & CRACKERS SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISHES & CUCUMBER ITALIAN DRESSING GINGERED PEARS	<b>9</b> 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 (1/2 CUP FRUIT)	<b>10 YOUR CHOICE</b> CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ IN LS SAUCE W/ LEMON SLICE & TARTAR SAUCE GREEN PEAS FRESH SWEET POTATOES APPLE SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA	<b>11</b> LS SLICED TURKEY W/ LS GRAVY PARSLEY POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	<b>12 MOTHER'S DAY MENU</b> CHICKEN RICE & VEGETABLE SOUP & CRACKERS LS SLICED BBQ PORK LS BAKED BEANS LEMON DILL BROCCOLI SPINACH SALAD W/ MUSHROOMS OIL & VINEGAR DRESSING WHOLE GRAIN BREAD W/ MARGARINE HONEYDEW
<b>15</b> ORANGE JUICE ROSEMARY CHICKEN PARSLEY POTATOES MIXED VEGETABLES COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING (1/2 CUP FRUIT)	<b>16</b> BEEF FAJITAS IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, GREEN PEPPER, & ONION SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA	<b>17</b> VEGETABLE SOUP & CRACKERS CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	<b>18</b> SALISBURY STEAK W/ LS BROWN GRAVY GARLIC MASHED POTATOES (VIT C) GREEN PEAS TOSSED SALAD W/ RADISH & RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS	<b>19</b> LENTIL SOUP & CRACKERS SLICED LS TURKEY W/ LS GRAVY FRESH SWEET POTATOES BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS
<b>22</b> ROAST PORK W/ LS GRAVY MASHED POTATOES (VIT C) CARROTS THREE BEAN SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	<b>23 YOUR CHOICE</b> ROAST TURKEY W/ LS GRAVY OR SALMON IN LS PESTO SAUCE W/ LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	<b>24</b> ALBONDIGAS SOUP & CRACKERS STEAK PICADO IN LS SAUCE TEX-MEX BROWN & WHITE RICE LS BLACK BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD	<b>25</b> VEGETABLE SOUP & CRACKERS TERIYAKI CHICKEN IN LS SAUCE CREAMED SPINACH BAKED WINTER SQUASH CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	<b>26 MEMORIAL DAY MENU</b> ORANGE JUICE LS BARBEQUE BEEF SLICES ROASTED POTATOES LS BAKED BEANS CREAMY COLESLAW DINNER ROLL W/ MARGARINE WATERMELON SLICE
<b>29</b>  <b>CENTERS CLOSED</b>	<b>30</b> ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS TEX-MEX BROWN & WHITE RICE LS BLACK BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP	<b>31</b> CREAMY SQUASH SOUP & CRACKERS SLICED PORK LOIN ROAST IN LS GRAVY FRESH SWEET POTATOES BROCCOLI LETTUCE W/ RADISH & MUSHROOM SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	Administered by <u>YWCA San Gabriel Valley &amp; 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: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a> <a href="https://www.facebook.com/ywcasgv">facebook.com/ywcasgv</a>	

**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**