

## YWCA San Gabriel Valley Senior Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Administered by <u>YWCA San Gabriel Valley</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 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447 email: <a href="mailto:info@ywcasgv.org">info@ywcasgv.org</a> <a href="http://www.facebook.com/ywcasgv">www.facebook.com/ywcasgv</a> <a href="http://www.instagram.com/ywcasgv">www.instagram.com/ywcasgv</a></p>			<p><b>1</b> LS Navy Bean Soup &amp; Crackers Turkey Ala King Brown &amp; White Rice Lemon-Dill Broccoli* Marinated Tomato, Green Pepper, &amp; Onion Salad Apple Salad</p>	<p><b>2</b> Orange Juice* Mac &amp; Beef Casserole Green Beans Spinach Salad w/ Mushrooms** Italian Dressing Whole Grain Roll w/ Margarine Custard</p>
<p><b>5</b> BBQ Chicken Rice Pilaf Steamed Cauliflower* Carrot- Raisin Salad** Whole Grain Bread w/ Margarine Sliced Pears</p>	<p><b>6</b> LS Lentil Soup &amp; Crackers Baked Ziti w/ Turkey Baked Winter Squash** Broccoli Slaw* Whole Grain Bread w/ Margarine Fresh Banana</p>	<p><b>7</b> LS Minestrone Soup &amp; Crackers Meatloaf In LS Gravy Mashed Potatoes* Creamed Spinach** Caesar Salad W/ Dressing &amp; Croutons Whole Grain Bread W/ Margarine Fresh Apple</p>	<p><b>8 CHOICE DAY</b> <u>Orange Juice*</u> Hawaiian Chicken In Sauce Or Herbed Salmon W/ Lemon Slice &amp; Tartar Sauce</p> <hr/> <p>Quinoa Peas W/ Mushrooms LS Beet &amp; Onion Salad Strawberry Gelatin W/ Peaches</p>	<p><b>9</b> Sliced Roast Pork in Gravy Parsley Potatoes Carrot Coins** Creamy Coleslaw* Whole Grain Bread w/ Margarine Pineapple Chunks</p>
<p><b>12</b> Orange Juice* Stuffed Bell Pepper Quinoa Green Peas Spinach Salad w/ Mushrooms** Italian Dressing Sliced Honeydew*</p>	<p><b>13 SOUPER SALAD #2</b> Chinese Vegetable Soup &amp; Crackers Chinese Chicken Salad Crispy Noodles Marinated Orange Salad* Salad Mix w/Cabbage, Carrots, Bok Choy, &amp; Watercress Asian Dressing Lime Gelatin w/ Pears Salad</p>	<p><b>14</b> LS Sweet Corn Soup &amp; Crackers Turkey Divan Buttered Egg Noodles Broccoli* Carrot-Raisin Salad** Whole Grain Bread w/ Margarine Fresh Banana</p>	<p><b>15</b> Pork Carnitas Lime Cilantro Rice LS Black Beans Mango Chunks* Flour Tortilla W/ Margarine Tapioca Pudding</p>	<p><b>16</b> LS Creamy Tomato Soup &amp; Crackers Tuna Salad Sandwich Lettuce &amp; Tomato Slice Macaroni Salad Zucchini Corn Pepper Salad Whole Grain Bread (2 slices) Fresh Orange Sections*</p>
<p><b>19</b> Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Apple Salad Whole Grain Bread w/ Margarine Lemon Pudding</p>	<p><b>20</b> LS Split Pea Soup &amp; Crackers Roast Beef &amp; Swiss Hoagie Lettuce &amp; Tomato Slice Potato Salad Spinach Salad W/ Mushrooms** Creamy Italian Dressing Whole Grain Hoagie Roll Fresh Orange Sections*</p>	<p><b>21</b> LS Chinese Vegetable Soup &amp; Crackers BBQ Pork Brown &amp; White Rice Baked Winter Squash** Cabbage Salad w/ Asian Dressing Gingered Sliced Pears</p>	<p><b>22</b> Orange Juice* Spaghetti &amp; Meatballs Steamed Spinach** LS Marinated Green Bean &amp; Tomato Salad Whole Grain Bread W/ Margarine Sliced Peaches</p>	<p><b>23 SOUPER SALAD #9</b> LS Lentil Soup &amp; Crackers Italian Herb Chicken Salad Lettuce Salad w/ Red Onion Slices Italian Dressing Broccoli Slaw w/ Carrots*** Potato Salad Whole Grain Roll w/ Margarine Mango Chunks*</p>
<p><b>26</b> Orange Juice* LS Salisbury Steak in Gravy Mashed Potatoes* Peas &amp; Carrots** LS Beet &amp; Onion Salad Whole Grain Bread w/ Margarine Sliced Pears</p>	<p><b>27 CHOICE DAY</b> <u>Chili Verde Pork or Fish Vera Cruz w/ Lemon Slice &amp; Tartar Sauce</u></p> <hr/> <p>Lime Cilantro Rice LS Pinto Beans Garden Salad w/ French Dressing Flour Tortilla w/ Margarine Mango Chunks*</p>	<p><b>28</b> Herb Baked Chicken Quinoa Lemon-Dill Broccoli* Apple Salad Whole Grain Bread w/ Margarine Butterscotch Pudding</p>	<p><b>29</b> LS Lentil Soup &amp; Crackers Turkey &amp; Cheese Hoagie Lettuce &amp; Tomato Slice Carrot-Raisin Salad** Coleslaw* Whole Grain Hoagie Roll Pineapple Chunks</p>	<p><b>30</b> LS Cream of Mushroom Soup &amp; Crackers Beef Stroganoff Buttered Noodles Baked Winter Squash** LS Three Bean Salad Whole Grain Bread w/ Margarine Sliced Cantaloupe*</p>

“Your choice” meals are ordered based on the selection made at time of reservation;  
Otherwise, first come, first served and we may not be able to honor your first choice.

Suggested Donation \$3.00

1% Low Fat Milk Included

Subject To Change Without Notice

Special note: Fish may contain residual bones after preparation. Please use caution.

Nutritional Guide: \* = VIT. C \*\* = VIT. A \*\*\* = VIT. A & C (=) = HIGH POTASSIUM LS = Low Sodium TFF = Trans Fat Free  
Home Delivered Meals / Meals On Wheels Clients May Receive Different Items