

YWCA San Gabriel Valley Senior Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  CLOSED LABOR DAY	3 LS Creamy Squash Soup & Crackers Lemon Herb Roast Chicken Quinoa Creamed Spinach** Creamy Coleslaw* Sliced Peaches	4 SOUPER SALAD #1 Albondigas Soup & Crackers Beef Tostada Salad w/ Cheese & Salsa Ls Refried Beans Lettuce & Tomato Salad W/ Ranch Dressing Carrot-Raisin Salad** LS Tortilla Chips Whole Grain Bread w/ Margarine Orange Sections*	5 LS Bbq Pork Ribblet Roasted Potatoes Green Beans Spinach Salad W/ Mushrooms*** French Dressing Whole Grain Hamburger Bun Fresh Banana*	6 Orange Juice* Sweet & Sour Chicken Fried Rice Carrots** Garden Salad W/ Thousand Island Dressing Lime Gelatin W/ Pears
9 LS Chinese Vegetable Soup & Crackers Pork Chow Mein Baby Bok Choy*** Cabbage Salad W/ Asian Dressing Whole Grain Bread W/ Margarine Fresh Orange Sections*	10 CHOICE DAY Burgundy Beef In LS Gravy Or Salmon In Lemon Dill Sauce <hr/> Scalloped Potatoes Corn Nibbles Garden Salad W/ Ranch Dressing Whole Grain Bread W/ Margarine Mango Chunks*	11 Rosemary Chicken In LS Sauce Quinoa Baby Carrots** Pineapple Coleslaw* Whole Grain Bread W/ Margarine Fresh Banana*	12 LS Navy Bean Soup & Crackers Turkey Ala King Brown & White Rice Lemon-Dill Broccoli* Marinated Tomato, Green Pepper, & Onion Salad Apple Salad	13 Orange Juice* Beef Lasagna Green Beans Spinach Salad W/ Mushrooms** Italian Dressing Whole Grain Roll W/ Margarine Custard
16 Bbq Chicken Rice Pilaf Steamed Cauliflower* Carrot-Raisin Salad** Sliced Pears	17 LS Lentil Soup & Crackers Baked Ziti W/ Turkey Baked Winter Squash** Broccoli Slaw* Whole Grain Bread W/ Margarine Fresh Banana	18 Minestrone Soup & Crackers Meatloaf In LS Gravy Mashed Potatoes* Creamed Spinach** Caesar Salad W/ Dressing & Croutons Whole Grain Bread W/ Margarine Fresh Apple*	19 CHOICE DAY Orange Juice* <hr/> Hawaiian Chicken In Ls Sauce or Herbed Salmon w/ Lemon Slice & Tartar Sauce <hr/> Quinoa Peas W/ Mushrooms Ls Marinated Beet & Onion Salad Strawberry Gelatin W/ Peaches	20 Sliced Roast Pork In LS Gravy Parsley Potatoes Carrot Coins** Creamy Coleslaw* Whole Grain Bread W/ Margarine Pineapple Chunks
23 Orange Juice* Stuffed Bell Pepper Quinoa Green Peas Spinach Salad W/ Mushrooms** Italian Dressing Sliced Cantaloupe*	24 SOUPER SALAD #8 LS Minestrone Soup & Crackers Santa Fe Chicken Salad w/ Cheese & Egg Garnish LS Black Beans Lettuce Salad w/ Tomato, Green Onion, Bell Pepper & Cilantro Ranch Dressing Mango Chunks***	25 LS Sweet Corn Soup & Crackers Turkey Divan Buttered Egg Noodles Broccoli* Carrot-Raisin Salad** Whole Grain Bread w/ Margarine Fresh Banana	26 Pork Carnitas Lime Cilantro Rice Ls Pinto Beans Mango Chunks* Flour Tortilla W/ Margarine Tapioca Pudding	27 LS Creamy Tomato Soup & Crackers Tuna Salad Sandwich Lettuce & Tomato Slice Macaroni Salad Zucchini Corn Pepper Salad Whole Grain Bread (2 Sl) Orange Sections*
30 Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Apple Salad Whole Grain Bread W/ Margarine Lemon Pudding			Administered by YWCA San Gabriel Valley 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 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447 email: info@ywcasgv.org www.facebook.com/ywcasgv www.instagram.com/ywcasgv	

“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