

Dual Site Menu- American & Chinese Style Meals

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</p> <p>email: info@ywcasgv.org www.facebook.com/ywcasgv www.instagram.com/ywcasgv</p>			<p>1 Ls Navy Bean Soup Turkey Ala King Brown & White Rice Lemon-Dill Broccoli Marinated Tomato, Green Pepper, & Onion Salad Apple Salad</p>	<p>2 Orange Juice Mac & Beef Casserole Green Beans Spinach Salad w/ Mushrooms Italian Dressing Whole Grain Roll Custard</p>
			<p><i>Wintermelon Soup</i> BBQ Pork w/ Tofu Brown & White Rice Stir Fried Yu Choy Tomato w/ Egg & Onions Fresh Apple</p>	<p><i>Mixed Vegetable Soup</i> Curry Chicken Brown & White Rice Chinese Squash w/ Garlic Sautéed Green Beans Fresh Orange Sections</p>
<p>5 BBQ Chicken Rice Pilaf Steamed Cauliflower Carrot- Raisin Salad Whole Grain Bread Sliced Pears</p>	<p>6 LS Lentil Soup Baked Ziti w/ Turkey Baked Winter Squash Broccoli Slaw Whole Grain Bread Fresh Banana</p>	<p>7 Ls Minestrone Soup Meatloaf In Ls Gravy Mashed Potatoes Creamed Spinach Caesar Salad Whole Grain Bread Fresh Apple</p>	<p>8 Orange Juice Herbed Salmon W/ Lemon Slice & Tartar Sauce Quinoa Peas W/ Mushrooms Ls Beet & Onion Salad Strawberry Gelatin W/ Peaches</p>	<p>9 Sliced Roast Pork in Gravy Parsley Potatoes Carrot Coins Creamy Coleslaw Whole Grain Bread Pineapple Chunks</p>
<p><i>Egg Flower Soup</i> Tilapia Brown & White Rice Broccoli w/ Red Pepper Bean Sprouts w/ Carrots Sliced Pears</p>	<p><i>Creamy Corn Soup</i> Chicken Leg Quarter w/ Black Pepper Sauce Brown & White Rice Stir Fried Pumpkin w/ Garlic Seaweed Salad Sliced Honeydew</p>	<p><i>Hot & Sour Soup</i> BBQ Pork w/ Rice Noodles Mustard Greens w/ Ginger Seasoned Tofu w/ Mushrooms Fresh Pineapple</p>	<p><i>Pumpkin Soup</i> Kung Pao Chicken Brown & White Rice Carrots w/ Seaweed Peas & Red Peppers Fresh Orange Sections</p>	<p><i>Tomato & Egg Soup</i> Sliced Pork w/ Cabbage & Tofu Brown & White Rice Stir Fried Bok Choy Stir Fried Celery & Cauliflower Fresh Apple</p>
<p>12 Orange Juice Stuffed Bell Pepper Quinoa Green Peas Spinach Salad w/ Mushrooms Italian Dressing Sliced Honeydew</p>	<p>13 Chinese Vegetable Soup Chinese Chicken Salad Crispy Noodles Marinated Orange Salad Salad Mix Asian Dressing Lime Gelatin w/ Pears Salad</p>	<p>14 LS Sweet Corn Soup Turkey Divan Buttered Egg Noodles Broccoli Carrot-Raisin Salad** Whole Grain Bread Fresh Banana</p>	<p>15 Pork Carnitas Lime Cilantro Rice Ls Black Beans Mango Chunks Flour Tortilla Tapioca Pudding</p>	<p>16 LS Creamy Tomato Soup Tuna Salad Sandwich Lettuce & Tomato Slice Macaroni Salad Zucchini Corn Pepper Salad Whole Grain Bread (2 slices) Fresh Orange Sections</p>
<p><i>Spinach Soup</i> Chicken Vegetable Chow Mein Mustard Greens w/ Ginger Seasoned Tofu w/ Mushrooms Pineapple Chunks</p>	<p><i>Wintermelon Soup</i> Tilapia w/ Black Bean Sauce Brown & White Rice Stir Fried Yu Choy Tomato w/ Egg & Onions Fresh Banana</p>	<p><i>Mixed Vegetable Soup</i> Curry Chicken Brown & White Pumpkin w/ Garlic Sauce Sautéed Green Beans Fresh Orange Sections</p>	<p><i>Seaweed & Egg Soup</i> Soy Sauce Pork Ribs Brown & White Rice Stir Fried Bok Choy Cucumber Salad Fresh Apple</p>	<p><i>Miso Soup</i> Chicken Leg Quarter W/ Black Pepper Sauce Brown & White Rice Broccoli W/ Red Pepper Chinese Melon W/ Garlic Sliced Peaches</p>
<p>19 Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Apple Salad Lemon Pudding</p>	<p>20 Ls Split Pea Soup Roast Beef & Swiss Hoagie Lettuce & Tomato Slice Potato Salad Spinach Salad W/ Mushrooms Creamy Italian Dressing Whole Grain Hoagie Roll Fresh Orange Sections</p>	<p>21 LS Chinese Vegetable Soup & Crackers BBQ Pork Brown & White Rice Baked Winter Squash** Cabbage Salad w/ Asian Dressing Gingered Sliced Pears</p>	<p>22 Orange Juice* Spaghetti & Meatballs Steamed Spinach** Ls Marinated Green Bean & Tomato Salad Whole Grain Bread W/ Margarine Sliced Peaches</p>	<p>23 SOUPER SALAD #9 LS Lentil Soup Italian Herb Chicken Salad Lettuce Salad w/ Red Onion Slices Italian Dressing Broccoli Slaw w/ Carrots Potato Salad Whole Grain Roll Mango Chunks</p>
<p><i>Dry Bok Choy Soup</i> Mackerel Brown & White Rice Stir Fried Yu Choy Sautéed Green Beans Fresh Apple</p>	<p><i>Soybean Soup</i> Diced Chicken Plain Noodles Pumpkin w/ Garlic Steamed Corn & Peas Fresh Orange Sections</p>	<p><i>Hot & Sour Soup</i> Two Pigs Fee & Soy Sauce Egg Brown & White Rice Stir Fried Bok Choy Seaweed Salad Fresh Banana</p>	<p><i>Pumpkin Soup</i> Smoked Chicken Brown & White Rice Bean Sprouts w/ Sliced Carrots Broccoli in Garlic Sliced Cantaloupe</p>	<p><i>Creamy Corn Soup</i> Steamed Pork w/ Egg Brown & White Rice Mustard Greens w/ Ginger Stir Fried Cauliflower Sliced Pears</p>
<p>26 Orange Juice LS Salisbury Steak in Gravy Mashed Potatoes Peas & Carrots LS Beet & Onion Salad Whole Grain Bread Sliced Pears</p>	<p>27 Fish Vera Cruz w/ Lemon Slice & Tartar Sauce Lime Cilantro Rice LS Pinto Beans Garden Salad w/ French Dressing Flour Tortilla Mango Chunks</p>	<p>28 Herb Baked Chicken Quinoa Lemon-Dill Broccoli Apple Salad Whole Grain Bread Butterscotch Pudding</p>	<p>29 LS Lentil Soup Turkey & Cheese Hoagie Lettuce & Tomato Slice Carrot-Raisin Salad Coleslaw Whole Grain Hoagie Roll Pineapple Chunks</p>	<p>30 LS Cream of Mushroom Soup Beef Stroganoff Buttered Noodles Baked Winter Squash LS Three Bean Salad Whole Grain Bread Sliced Cantaloupe</p>
<p><i>Hot & Sour Soup</i> Kung Pao Chicken Brown & White Rice Carrots w/ Seaweed Broccoli in Garlic Sliced Peaches</p>	<p><i>Miso Soup</i> Sliced Pork w/Cabbage & Tofu Brown & White Rice Stir Fried Bok Choy Asian Cucumber Pineapple Chunks</p>	<p><i>Cabbage Soup</i> Longli Fish w/ Miso Sauce Brown & White Rice Mustard Greens w/ Ginger Tomato w/ Egg & Onions Fresh Apple</p>	<p><i>Corn Soup</i> Pork Vegetable Chow Mein Chinese Squash w/ Garlic Stir Fried Yu Choy Fresh Banana</p>	<p><i>Dry Bok Choy Soup</i> Chicken w/ Cashews Brown & White Rice American Cabbage w/ Ginger Peas & Red Peppers Sliced Honeydew</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

Special Note: Fish May Contain Residual Bones After Preparation. Please Use Caution.