

Dual Site Menu- American & Chinese Style Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> 	<p>3</p> <p>LS Creamy Squash Soup & Crackers Lemon Herb Roast Chicken Quinoa Creamed Spinach** Creamy Coleslaw* Sliced Peaches</p> <hr/> <p><i>Spinach Soup</i> <i>Mackerel</i> <i>Brown & White Rice</i> <i>Bean Sprouts w/ Sliced Carrots</i> <i>Chinese Cabbage w/ Garlic</i> <i>Fresh Apple</i></p>	<p>4 SOUPER SALAD #1</p> <p>Albondigas Soup Beef Tostada Salad Ls Refried Beans Lettuce & Tomato Salad W/ Ranch Dressing Carrot-Raisin Salad** LS Tortilla Chips Whole Grain Bread Orange Sections*</p> <hr/> <p><i>Pumpkin Soup</i> <i>Smoked Chicken</i> <i>Brown & White Rice</i> <i>Broccoli w/ Red Pepper</i> <i>Lettuce w/ Oyster Sauce</i> <i>Sliced Pears</i></p>	<p>5</p> <p>LS Bbq Pork Ribblet Roasted Potatoes Green Beans Spinach Salad W/ Mushrooms*** French Dressing Whole Grain Hamburger Bun Fresh Banana*</p> <hr/> <p><i>Soybean Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Sauteed Green Beans</i> <i>Pineapple Chunks</i></p>	<p>6</p> <p>Orange Juice* Sweet & Sour Chicken Fried Rice Carrots** Garden Salad W/ Thousand Island Dressing Lime Gelatin W/ Pears</p> <hr/> <p><i>Hot & Sour Soup</i> <i>Two Pigs Feet & Soy Sauce Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Seaweed Salad</i> <i>Fresh Banana</i></p>
<p>9</p> <p>LS Chinese Vegetable Soup Pork Chow Mein Baby Bok Choy*** Cabbage Salad W/ Asian Dressing Whole Grain Bread Fresh Orange Sections*</p> <hr/> <p><i>Corn Soup</i> <i>BBQ Chicken</i> <i>Brown & White Rice</i> <i>Lettuce w/Oyster Sauce</i> <i>Asian Cucumber</i> <i>Sliced Honeydew</i></p>	<p>10</p> <p>Salmon In Lemon Dill Sauce Scalloped Potatoes Corn Nibbles Garden Salad W/ Ranch Dressing Whole Grain Bread W/ Margarine Mango Chunks*</p> <hr/> <p><i>Cabbage Soup</i> <i>Soy Sauce Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir Fried Cauliflower</i> <i>Sliced Peaches</i></p>	<p>11</p> <p>Rosemary Chicken In LS Sauce Quinoa Baby Carrots** Pineapple Coleslaw* Whole Grain Bread Fresh Banana*</p> <hr/> <p><i>Miso Soup</i> <i>Longli Fish w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Steamed Corn & Peas</i> <i>Fresh Banana</i></p>	<p>12</p> <p>LS Navy Bean Soup Turkey Ala King Brown & White Rice Lemon-Dill Broccoli* Marinated Tomato, Green Pepper, & Onion Salad Apple Salad</p> <hr/> <p><i>Wintermelon Soup</i> <i>BBQ Pork w/ Tofu</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Tomato w/ Egg & Onions</i> <i>Fresh Apple</i></p>	<p>13</p> <p>Orange Juice* Beef Lasagna Green Beans Spinach Salad W/ Mushrooms** Italian Dressing Whole Grain Roll Custard</p> <hr/> <p><i>Mixed Vegetable Soup</i> <i>Curry Chicken</i> <i>Brown & White Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Sauteed Green Beans</i> <i>Fresh Orange Sections</i></p>
<p>16</p> <p>Bbq Chicken Rice Pilaf Steamed Cauliflower* Carrot-Raisin Salad** Sliced Pears</p> <hr/> <p><i>Egg Flower Soup</i> <i>Tilapia</i> <i>Brown & White Rice</i> <i>Broccoli w/ Red Pepper</i> <i>Bean Sprouts w/ Carrots</i> <i>Sliced Pears</i></p>	<p>17</p> <p>LS Lentil Soup Baked Ziti W/ Turkey Baked Winter Squash** Broccoli Slaw* Whole Grain Bread Fresh Banana</p> <hr/> <p><i>Creamy Corn Soup</i> <i>Chicken w/ Black Pepper Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Pumpkin w/ Garlic</i> <i>Seaweed Salad</i> <i>Sliced Cantaloupe</i></p>	<p>18</p> <p>Minestrone Soup Meatloaf In LS Gravy Mashed Potatoes* Creamed Spinach** Caesar Salad W/ Dressing & Croutons Whole Grain Bread Fresh Apple*</p> <hr/> <p><i>Hot & Sour Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Mustard Greens w/ Ginger</i> <i>Tofu w/ Mushrooms</i> <i>Fresh Pineapple</i></p>	<p>19</p> <p>Orange Juice* Herbed Salmon Quinoa Peas W/ Mushrooms Ls Marinated Beet & Onion Salad Strawberry Gelatin W/ Peaches</p> <hr/> <p><i>Pumpkin Soup</i> <i>Kung Pao Chicken</i> <i>Brown & White Rice</i> <i>Carrots w/ Seaweed</i> <i>Peas & Red Peppers</i> <i>Fresh Orange Sections</i></p>	<p>20</p> <p>Sliced Roast Pork In LS Gravy Parsley Potatoes Carrot Coins** Creamy Coleslaw* Whole Grain Bread Pineapple Chunks</p> <hr/> <p><i>Tomato & Egg Soup</i> <i>Pork W/ Cabbage & Bbq Tofu</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Celery & Cauliflower</i> <i>Fresh Apple</i></p>
<p>23</p> <p>Orange Juice* Stuffed Bell Pepper Quinoa Green Peas Spinach Salad W/ Mushrooms** Italian Dressing Sliced Cantaloupe*</p> <hr/> <p><i>Spinach Soup</i> <i>Chicken Vegetable Chow Mein</i> <i>Mustard Greens w/ Ginger</i> <i>Tofu w/ Mushrooms</i> <i>Pineapple Chunks</i></p>	<p>24 SOUPER SALAD #8</p> <p>LS Minestrone Soup Santa Fe Chicken Salad w/ Cheese & Egg Garnish LS Black Beans Lettuce Salad w/ Tomato, Green Onion, Bell Pepper & Cilantro Ranch Dressing Mango Chunks***</p> <hr/> <p><i>Wintermelon Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Tomato w/ Egg & Onions</i> <i>Fresh Banana</i></p>	<p>25</p> <p>LS Sweet Corn Soup Turkey Divan Buttered Egg Noodles Broccoli* Carrot-Raisin Salad** Whole Grain Bread Fresh Banana</p> <hr/> <p><i>Mixed Vegetable Soup</i> <i>Curry Chicken</i> <i>Brown & White Rice</i> <i>Pumpkin w/ Garlic Sauce</i> <i>Sauteed Green Beans</i> <i>Fresh Orange Sections</i></p>	<p>26</p> <p>Pork Carnitas Lime Cilantro Rice Ls Pinto Beans Mango Chunks* Flour Tortilla Tapioca Pudding</p> <hr/> <p><i>Seaweed & Egg Soup</i> <i>Soy Sauce Pork Ribs</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Cucumber Salad</i> <i>Fresh Apple</i></p>	<p>27</p> <p>LS Creamy Tomato Soup Tuna Salad Sandwich Lettuce & Tomato Slice Macaroni Salad Zucchini Corn Pepper Salad Whole Grain Bread (2 Sl) Orange Sections*</p> <hr/> <p><i>Miso Soup</i> <i>Chicken w/ Black Pepper Sauce</i> <i>Brown & White Rice</i> <i>Broccoli w/ Red Pepper</i> <i>Chinese Melon w/ Garlic</i> <i>Sliced Peaches</i></p>
<p>30</p> <p>Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Apple Salad Whole Grain Bread Lemon Pudding</p> <hr/> <p><i>Dry Bok Choy Soup</i> <i>Mackerel</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Sauteed Green Beans</i> <i>Fresh Apple</i></p>			<p>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.</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>	

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.