


YWCA Senior Café - Live Oak Park Community Center

10144 BOGUE STREET, TEMPLE CITY RESERVATIONS: 626-579-0461

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Centers Closed	4 Split Pea Soup Meatloaf In Ls Brown Gravy Mashed Potatoes (Vit C) Corn Nibbles Spinach Salad W/ Mushrooms Italian Dressing Whole Grain Bread Fruit Cup <hr/> Seaweed Egg Soup Curry Chicken & White Rice Stir Fried Celery & Cauliflower Steamed Carrots & Bok Choy Sliced Honeydew	5 Chicken Leg & Thigh In Wine Sauce Parsley Noodles Steamed Broccoli Three Bean Salad Whole Grain Bread Fresh Banana <hr/> Hot & Sour Soup Steamed Pork w/ Egg White Rice Chinese Squash w/ Garlic Mustard Greens w/ Ginger Fresh Orange	6 Orange Juice Beef Stew Boiled Potatoes Carrots Tossed Garden Salad French Dressing Whole Grain Bread Custard <hr/> Potato & Carrot Soup Smoked Chicken w/ Brown & White Rice Cauliflower & Cabbage Seaweed Salad Sliced Peaches in Juice	7 Albondigas Soup Chili Verde Pork Spanish Rice (Brown & White) Ls Pinto Beans Creamy Coleslaw Flour Tortilla Fresh Apple <hr/> Pumpkin Soup Mackerel w/ Brown & White Rice Bok Choy w/ Garlic Lettuce w/ Oyster Sauce Fresh Apple
10 Minestrone Soup Beef Stroganoff W/ Noodles Steamed Spinach Carrot-Raisin Salad Whole Grain Bread Sliced Honeydew <hr/> Soybean Soup Chicken w/ Cashews White Rice Stir Fried Pumpkin Steamed Cauliflower w/ Carrots Pineapple Chunks	11 Orange Juice Rosemary Chicken Leg & Thigh Rice Pilaf (Brown & White) Baked Winter Squash Greek Salad W/ Vinaigrette Dressing Pita Bread Lemon Pudding <hr/> Dry Bok Choy Soup BBQ Pork w/ Tofu Brown & White Rice Mustard Greens w/ Ginger Stir Fried Cabbage w/ Garlic Sliced Peaches in Juice	12 Pork Carnitas Ls Refried Beans Carrot Coins Pineapple Coleslaw Flour Tortilla Cinnamon Applesauce <hr/> Soybean Soup Kung Pao Chicken White Rice Steamed Broccoli w/ Cauliflower Asian Cucumber Fresh Banana	13 ENTRÉE SALAD Chinese Vegetable Soup Chinese Chicken Salad W/ Cabbage, Carrots, Bok Choy, Watercress Oriental Dressing Chinese Crispy Noodles Marinated Orange Salad* Whole Grain Bread Peaches <hr/> Wintermelon Soup Soy Sauce Pork Ribs Brown & White Rice Steamed Carrots & Corn Stir Fried Chinese Vegetables Sliced Cantaloupe	14 Meatballs W/ Spaghetti Noodles In Ls Italian Sauce Steamed Broccoli Tossed Salad W/ Radish & Cucumber French Dressing Whole Grain Bread Gingered Pears <hr/> Miso Soup Chicken Leg Quarter w/ Black Pepper Sauce Brown & White Rice Seasoned Tofu w/ Mushrooms Pumpkin w/ Garlic Sauce Fresh Orange
17 Navy Bean Soup Submarine Sandwiches W/ Roast Beef, Turkey, & .5 Oz Jack Cheese Potato Salad Lettuce & Tomato Slice Marinated Beet & Onion Salad Whole Grain Hoagie Roll Fresh Orange Sections <hr/> Spinach Soup Two Pigs Feet & Soy Sauce Egg White Rice Mustard Greens w/ Ginger Stir Fried Green Chinese Cabbage	18 Sliced Roast Pork In Ls Gravy Parsley Noodles Green Beans Carrot-Broccoli Slaw Whole Grain Bread Fresh Apple <hr/> Mushroom & Melon Soup Tilapia w/ Brown & White Rice Stir Fried Bok Choy Sautéed Green Beans Fresh Banana	19 Albondigas Soup Beef Fajitas In Ls Sauce Spanish Rice (Brown & White) Fresh Sweet Potato Garden Salad W/ Ranch Dressing Flour Tortilla Fruit Cup <hr/> Tomato & Egg Soup BBQ Pork w/ Rice Noodles Stir Fried Pumpkin in Garlic Sauce Steamed Corn & Peas Sliced Honeydew	20 Egg Flower Soup Pork Lo Mein In Ls Sauce W/ Noodles Garlic Baby Bok Choy Strawberry Gelatin W/ Peaches Fresh Banana <hr/> Hot & Sour Soup Curry Chicken w/ Brown & White Rice American Cabbage w/ Ginger Chinese Squash w/ Garlic Fresh Apple	21 Herb Baked Chicken Leg & Thigh Rice Pilaf Carrots Marinated Tomato, Onion, & Green Pepper Salad Whole Grain Bread Sliced Cantaloupe <hr/> Creamy Corn Soup Sliced Pork w/ Cabbage & BBQ Tofu Brown & White Rice Steamed Yu Choy Carrots w/ Seaweed Fresh Orange
24 Mandarin Beef Brown & White Rice Steamed Broccoli Chinese Cabbage Salad W/ Oriental Dressing Gingered Pears <hr/> Egg Flower Soup Longli Fish w/ Black Bean Sauce Brown & White Rice Stir Fried Napa Cabbage Corn & Broccoli Fresh Apple	25 ENTRÉE SALAD Beef Barley Soup Santa Fe Chicken Salad Ls Black Beans & Whole Kernel Corn Lettuce Salad W/ Tomato, Green Onion, Bell Pepper Ranch Dressing Whole Grain Bread Sliced Honeydew* <hr/> Spinach Soup Pork Vegetable Chow Mein w/ noodles Broccoli w/ Red Pepper Cucumber Salad Sliced Pears	26 Ls Bbq Pulled Pork Sandwich Roasted Cauliflower Baked Winter Squash Creamy Coleslaw Whole Grain Hamburger Bun Apple Salad <hr/> Seaweed Egg Soup BBQ Chicken Leg & Thigh Brown & White Rice Stir Fried Bean Sprouts w/ Dry Bean Cube Mustard Greens w/ Ginger Fresh Banana	27 Orange Juice Chicken Fajitas Spanish Rice (White & Brown) Ls Pinto Beans Carrot-Raisin Salad Flour Tortilla Tapioca Pudding <hr/> Hot & Sour Soup Steamed Pork w/ Egg Brown & White Rice Stir Fried Pumpkin w/ Garlic Asian Cucumber Sliced Honeydew	28 Minestrone Soup Beef Lasagna Green Beans W/ Red Peppers Spinach Salad W/ Mushrooms Italian Dressing Whole Grain Bread Strawberry Gelatin W/ Peaches <hr/> Creamy Corn Soup Diced Chicken & Plain Noodles Stir Fried Tomato w/ Egg & Onion Stir Fried Bok Choy Pineapple Chunks



Administered by
YWCA San Gabriel Valley
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