



YWCA Senior Café - Live Oak Park Community Center
10144 BOGUE STREET, TEMPLE CITY RESERVATIONS: 626-579-0461

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>“Your choice” meals are ordered based on the selection made at time of reservation;</p> <p>Otherwise, first come, first served and we may not be able to honor your first choice.</p>	<p>1</p>  <p>Centers Closed</p>	<p>2</p> <p>Orange Juice Sliced Roast Pork In Ls Gravy Quinoa Creamed Spinach Tossed Salad 1000 Island Dressing Whole Grain Bread Strawberry Gelatin W/ Pineapples</p>	<p>3</p> <p>Hawaiian Chicken Leg & Thigh Rice Pilaf Steamed Broccoli Creamy Coleslaw Whole Grain Bread Fresh Banana</p>	<p>4</p> <p>Split Pea Soup Hamburger W/ Lettuce, Tomato, & Onion Parsley Potatoes Green Beans Marinated Beet & Onion Salad Whole Grain Hamburger Bun Sliced Cantaloupe</p>
		<p>7</p> <p>Chicken Chow Mein W/ Noodles Garlic Baby Bok Choy Chinese Cabbage Salad Asian Dressing Orange Sections</p>	<p>8</p> <p>Meatloaf In Ls Brown Gravy Mashed Potatoes (Vit C) Corn Nibbles Spinach Salad W/ Mushrooms Italian Dressing Whole Grain Bread Fruit Cup</p>	<p>9</p> <p>Ls Creamy Squash Soup Chicken In Wine Sauce Parsley Noodles Steamed Broccoli Ls Three Bean Salad Whole Grain Dinner Roll Fresh Banana</p>
<p><i>Corn Soup Tilapia w/ Black Bean Sauce Brown & White Rice Sautéed Green Beans Broccoli w/ Red Pepper Fresh Banana</i></p>	<p><i>Hot & Sour Soup Curry Chicken Brown & White Rice Bean Sprouts w/ Dry Bean Curd Steamed Carrots & Bok Choy Sliced Honeydew or Cantaloupe</i></p>	<p><i>Pumpkin Soup Steamed Pork w/ Egg Brown & White Rice Chinese Squash w/ Garlic Mustard Greens w/ Ginger Fresh Orange</i></p>	<p><i>Potato & Carrot Soup Smoked Chicken Brown & White Rice Stir Fried Cauliflower Seaweed Salad Sliced Peaches in Juice</i></p>	<p><i>Seaweed Egg Soup Mackerel w/ Brown & White Rice Bok Choy w/ Garlic Lettuce w/ Oyster Sauce Fresh Apple</i></p>
<p>14</p> <p>Ls Minestrone Soup Beef Stroganoff W/ Noodles Steamed Spinach Carrot-Raisin Salad Whole Grain Bread Sliced Honeydew*</p>	<p>15</p> <p>Orange Juice Rosemary Chicken Quinoa Baked Winter Squash Greek Salad W/ Vinaigrette Dressing ½ Pita Bread Chocolate Pudding</p>	<p>16</p> <p>Pork Carnitas Spanish Rice Ls Pinto Beans Pineapple Coleslaw Flour Tortilla Cinnamon Applesauce</p>	<p>17</p> <p>Ls Sweet Corn Soup Salmon In Pesto Sauce W/ Lemon Slice & Tartar Sauce Mashed Sweet Potatoes Green Peas Spinach Salad W/ Mushrooms Whole Grain Bread Pineapple Chunks</p>	<p>18</p> <p>Ls Spaghetti & Meatballs In Italian Sauce Steamed Broccoli Tossed Salad W/ Radish & Cucumber French Dressing Whole Grain Bread Gingered Pears</p>
<p><i>Hot & Sour Soup Chicken w/ Cashews Brown & White Rice Stir Fried Pumpkin Steamed Cauliflower w/ Carrots Pineapple Chunks</i></p>	<p><i>Dry Bok Choy Soup BBQ Pork w/ Tofu Brown & White Rice Mustard Greens w/ Ginger Chinese Cabbage w/ Garlic Sliced Peaches in Juice</i></p>	<p><i>Soybean Soup Kung Pao Chicken Brown & White Rice Steamed Broccoli Asian Cucumber Fresh Banana</i></p>	<p><i>Spinach Soup Soy Sauce Pork Ribs Brown & White Rice Steamed Carrots & Corn Tomato w/ Egg & Onions Sliced Honeydew or Cantaloupe</i></p>	<p><i>Miso Soup Chicken w/ Black Pepper Sauce Brown & White Rice Seasoned Tofu w/ Mushrooms Pumpkin w/ Garlic Sauce Fresh Orange</i></p>
<p>21</p> <p>MARTIN LUTHER KING JR. DAY</p>  <p>No Lunch Today</p>	<p>22</p> <p>Sliced Roast Pork In Ls Gravy Parsley Noodles Green Beans Carrot-Broccoli Slaw* Whole Grain Bread Fresh Apple</p>	<p>23</p> <p>Orange Juice Salisbury Steak In Ls Gravy Fresh Sweet Potato Green Peas Garden Salad W/ Ranch Whole Grain Bread Sliced Pears</p>	<p>24</p> <p>Ls Egg Flower Soup Pork Lo Mein W/ Noodles Garlic Baby Bok Choy Strawberry Gelatin W/ Peaches Fresh Banana</p>	<p>25</p> <p>Herb Baked Chicken Rice Pilaf Carrots Marinated Tomato, Onion, & Green Pepper Salad Whole Grain Bread Sliced Cantaloupe</p>
	<p><i>Mushroom & Melon Soup Tilapia w/ Brown & White Rice Stir Fried Bok Choy Sautéed Green Beans Fresh Banana</i></p>	<p><i>Tomato & Egg Soup BBQ Pork w/ Rice Noodles Pumpkin w/ Garlic Sauce Steamed Corn & Peas Fresh Orange</i></p>	<p><i>Hot & Sour Soup Curry Chicken Brown & White Rice American Cabbage w/ Ginger Chinese Squash w/ Garlic Fresh Apple</i></p>	<p><i>Creamy Corn Soup Sliced Pork w/ Cabbage & Tofu Brown & White Rice Steamed Yu Choy Carrots w/ Seaweed Sliced Honeydew or Cantaloupe</i></p>
<p>28</p> <p>Mandarin Beef Brown & White Rice Steamed Broccoli Chinese Cabbage Salad W/ Ls Asian Dressing Gingered Pears</p>	<p>29</p> <p>Ls Creamy Tomato Soup Sliced Roast Turkey In Gravy Mashed Potatoes (Vit C) Mixed Vegetables Lettuce Salad W/ Radish Cucumber & Ranch Dressing Whole Grain Bread Fresh Banana</p>	<p>30</p> <p>Ls Bbq Pulled Pork Sandwiches Steamed Cauliflower Baked Winter Squash Creamy Coleslaw Whole Grain Hamburger Bun Apple Salad</p>	<p>31</p> <p>Orange Juice Ls Chicken Fajitas Spanish Rice Ls Pinto Beans Carrot-Raisin Salad Flour Tortilla Tapioca Pudding</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>
<p><i>Egg Flower Soup Longli Fish w/ Black Bean Sauce Brown & White Rice Stir Fried Bok Choy Corn Fresh Apple</i></p>	<p><i>Spinach Soup Pork Vegetable Chow Mein Broccoli w/ Red Pepper Cucumber Salad Sliced Pears</i></p>	<p><i>Seaweed Egg Soup BBQ Chicken Leg & Thigh Brown & White Rice Stir Fried Bean Sprouts w/ Dry Bean Curd Mustard Greens w/ Ginger Fresh Banana</i></p>	<p><i>Hot & Sour Soup Steamed Pork w/ Egg Brown & White Rice Pumpkin w/ Garlic Asian Cucumber Sliced Honeydew or Cantaloupe</i></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