

YWCA SENIOR CAFÉ - LIVE OAK PARK COMMUNITY CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>CLOSED LABOR DAY</p>	<p>3</p> <p>LS Creamy Squash Soup & Crackers Lemon Herb Roast Chicken Quinoa Creamed Spinach** Creamy Coleslaw* Sliced Peaches</p> <hr/> <p>Spinach Soup Mackerel Brown & White Rice Bean Sprouts w/ Sliced Carrots Chinese Cabbage w/ Garlic Fresh Apple</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>Pumpkin Soup Smoked Chicken Brown & White Rice Broccoli w/ Red Pepper Lettuce w/ Oyster Sauce Sliced Pears</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>Soybean Soup Tilapia w/ Black Bean Sauce Brown & White Rice Stir Fried Bok Choy Sauteed Green Beans Pineapple Chunks</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>Hot & Sour Soup Two Pigs Feet & Soy Sauce Egg Brown & White Rice Mustard Greens w/ Ginger Seaweed Salad Fresh Banana</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>Corn Soup BBQ Chicken Brown & White Rice Lettuce w/Oyster Sauce Asian Cucumber Sliced Honeydew</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>Cabbage Soup Soy Sauce Pork w/ Egg Brown & White Rice Mustard Greens w/ Ginger Stir Fried Cauliflower Sliced Peaches</p>	<p>11</p> <p>Rosemary Chicken In LS Sauce Quinoa Baby Carrots** Pineapple Coleslaw* Whole Grain Bread Fresh Banana*</p> <hr/> <p>Miso Soup Longli Fish w/ Black Bean Sauce Brown & White Rice Stir Fried Bok Choy Steamed Corn & Peas Fresh Banana</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>Wintermelon Soup BBQ Pork w/ Tofu Brown & White Rice Stir Fried Yu Choy Tomato w/ Egg & Onions Fresh Apple</p>	<p>13</p> <p>Orange Juice* Beef Lasagna Green Beans Spinach Salad W/ Mushrooms** Italian Dressing Whole Grain Roll Custard</p> <hr/> <p>Mixed Vegetable Soup Curry Chicken Brown & White Rice Chinese Squash w/ Garlic Sauteed Green Beans Fresh Orange Sections</p>
<p>16</p> <p>Bbq Chicken Rice Pilaf Steamed Cauliflower* Carrot-Raisin Salad** Sliced Pears</p> <hr/> <p>Egg Flower Soup Tilapia Brown & White Rice Broccoli w/ Red Pepper Bean Sprouts w/ Carrots Sliced Pears</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>Creamy Corn Soup Chicken w/ Black Pepper Sauce Brown & White Rice Stir Fried Pumpkin w/ Garlic Seaweed Salad Sliced Cantaloupe</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>Hot & Sour Soup BBQ Pork w/ Rice Noodles Mustard Greens w/ Ginger Tofu w/ Mushrooms Fresh Pineapple</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>Pumpkin Soup Kung Pao Chicken Brown & White Rice Carrots w/ Seaweed Peas & Red Peppers Fresh Orange Sections</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>Tomato & Egg Soup Pork W/ Cabbage & Bbq Tofu Brown & White Rice Stir Fried Bok Choy Celery & Cauliflower Fresh Apple</p>
<p>23</p> <p>Orange Juice* Stuffed Bell Pepper Quinoa Green Peas Spinach Salad W/ Mushrooms** Italian Dressing Sliced Cantaloupe*</p> <hr/> <p>Spinach Soup Chicken Vegetable Chow Mein Mustard Greens w/ Ginger Tofu w/ Mushrooms Pineapple Chunks</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>Wintermelon Soup Tilapia w/ Black Bean Sauce Brown & White Rice Stir Fried Yu Choy Tomato w/ Egg & Onions Fresh Banana</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>Mixed Vegetable Soup Curry Chicken Brown & White Rice Pumpkin w/ Garlic Sauce Sauteed Green Beans Fresh Orange Sections</p>	<p>26</p> <p>Pork Carnitas Lime Cilantro Rice Ls Pinto Beans Mango Chunks* Flour Tortilla Tapioca Pudding</p> <hr/> <p>Seaweed & Egg Soup Soy Sauce Pork Ribs Brown & White Rice Stir Fried Bok Choy Cucumber Salad Fresh Apple</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>Miso Soup Chicken w/ Black Pepper Sauce Brown & White Rice Broccoli w/ Red Pepper Chinese Melon w/ Garlic Sliced Peaches</p>
<p>30</p> <p>Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Apple Salad Whole Grain Bread Lemon Pudding</p> <hr/> <p>Dry Bok Choy Soup Mackerel Brown & White Rice Stir Fried Yu Choy Sauteed Green Beans Fresh Apple</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.