

## YWCA Intervale Senior Café - Live Oak Park Community Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Orange Juice Rosemary Chicken Parsley Potatoes Mixed Vegetables Coleslaw Whole Grain Bread Apple Cobbler W/ Oatmeal Topping <hr/> Pumpkin Soup Curry Chicken White Rice Stir-Fried Red Carrots & Corn Sautéed Chinese Cabbage w/ Ginger, Egg Roll (1) Fresh Banana	<b>4</b> Steak Picada In Ls Sauce W/ Pico De Gallo Baked Winter Squash Ls Pinto Beans Carrot-Broccoli Slaw Flour Tortilla Fresh Banana <hr/> Soybean Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Mushrooms Sliced Pears	<b>5</b> Vegetable Soup Chicken Chow Mein Brown & White Rice Garlic Baby Bok Choy Sunset Salad Cantaloupe <hr/> Dry Bok Choy Soup Diced Chicken & Plain Noodles w/ Carrots Stir-Fried Tomato w/ Egg & Onions Pumpkin w/ Garlic Sauce Sliced Cantaloupe	<b>6</b> Meatloaf W/ Ls Brown Gravy Mashed Potatoes (Vit. C) Green Peas Salad W/ Radish & Red Cabbage Ranch Dressing Whole Grain Bread Fresh Orange Sections <hr/> Chicken Corn Soup Sliced Pork w/ Cabbage & Barbecue Tofu White & Brown Rice Steamed Yu Choy Asian Cucumber Fresh Orange	<b>7</b> Fish Vera Cruz In Ls Salsa W/ Tartar Sauce & Lemon Slice Fresh Sweet Potatoes Broccoli Marinated Beet & Onion Salad Whole Grain Bread Sliced Pears <hr/> Tofu & Seaweed Soup Longli Fish w/ Miso Sauce White & Brown Rice Stir-Fried Bok Choy Steamed Broccoli & Cauliflower Pineapple Chunks
<b>10</b> Roast Pork W/ Ls Gravy Mashed Potatoes (Vit. C) Carrots Three Bean Salad Whole Grain Bread Pineapple Chunks <hr/> Spinach Soup Steamed Pork w/ Egg White Rice Stir-Fried Pumpkin w/ Garlic Sauce Steamed Corn & Peas Honeydew or Cantaloupe	<b>11</b> Roast Turkey W/ Ls Gravy & Cranberry Garnish Fresh Sweet Potatoes Green Peas Garden Salad W Red Cabbage French Dressing Whole Grain Bread Fresh Apple <hr/> Miso w/ Tofu Soup BBQ Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Sliced Carrots Stir Fried Yu Choy Fresh Orange	<b>12</b> Albondigas Soup Beef Fajitas In Ls Sauce Tex-Mex Brown & White Rice Ls Black Beans Citrus Fruit Salad Flour Tortilla Custard <hr/> Potato & Carrot Soup Mackerel White & Brown Rice Stir-Fried Cauliflower & Cabbage Lettuce w/ Oyster Sauce Sliced Peaches	<b>13</b> Chicken Noodle Soup Submarine Sandwich W/ Roast Beef, Turkey & .5 Oz Jack Cheese Lettuce & Tomato Slices Potato Salad Carrot- Broccoli Slaw Whole Grain Hoagie Roll Fresh Banana <hr/> Tomato & Egg Soup Curry Chicken White Rice Bean Thread Vermicelli w/ Garlic & Cucumber Steamed Carrots & Bok Choy Pineapple Chunks	<b>14</b> Salmon In Ls Lemon-Dill Sauce Baked Winter Squash Refried Beans Marinated Tomato, Onion & Green Pepper Salad Flour Tortilla Cantaloupe <hr/> Wintermelon Soup Soy Sauce Pork Ribs White & Brown Rice Mustard Greens w/ Ginger Chinese Vegetables w/ Cabbage, Bean Thread & Dried Mushrooms Sliced Pears
<b>17</b> Roast Beef W/ Ls Gravy Parsley Potatoes Mixed Vegetables Creamy Coleslaw Whole Grain Bread Gingered Pears <hr/> Pumpkin Soup 3 Cup Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Dry Bean Cube Cauliflower & Carrots Fresh Banana	<b>18</b> Albondigas Soup Chicken Fajitas In Ls Sauce Tex-Mex Brown & White Rice Ls Black Beans Marinated Beet & Onion Salad Flour Tortilla Citrus Fruit Cup <hr/> Soybean Soup Longli Fish w/ Black Bean Sauce White Rice Stir Fried Napa Cabbage Corn & Broccoli Fresh Apple	<b>19</b> Creamy Squash Soup Sliced Pork Loin Roast Mashed Potatoes (Vit C) Creamed Spinach Lettuce W Radish & Mushroom Salad Ranch Dressing Whole Grain Bread Fresh Apple <hr/> Vegetable Soup Steamed Pork w/ Egg White & Brown Rice Stir-Fried Pumpkin w/ Garlic Steamed Mixed Vegetables Sliced Honeydew or Cantaloupe	<b>20</b> Italian Meatballs In Ls Sauce Spaghetti In Ls Tomato Sauce Green Beans Caesar Salad W/ Croutons & Dressing Whole Grain Bread Fresh Orange Sections <hr/> Miso Soup Tilapia White Rice Stir-Fried Celery & Cauliflower Sautéed Mustard Greens w/ Ginger, Egg Roll (1) Sliced Pears	<b>21</b> Chicken Chop Suey Brown & White Rice Garlic Baby Bok Choy Lemon Gelatin W/ Pineapple Chunks Peaches <hr/> Egg Flower Soup Smoked Chicken White & Brown Rice Bok Choy w/ Garlic Seasoned Tofu w/ Mushrooms Fresh Orange
<b>24</b> Orange Juice Sweet & Sour Pork Baked Winter Squash Green Beans W/ Red Peppers Tossed Salad W/ Mushrooms French Dressing Whole Grain Bread Cinnamon Applesauce <hr/> Mushroom & Melon Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Chinese Cabbage w/ Garlic Sauce Pineapple Chunks	<b>25</b> Lentil Soup Hamburger W/ Lettuce, Tomato, & Onion Slices Parsley Potatoes Carrots Coleslaw Whole Grain Hamburger Bun Cantaloupe <hr/> Bok Choy Soup Kung Pao Chicken White Rice Carrots w/ Seaweed Steamed Yu Choy Fresh Sliced Honeydew or Cantaloupe	<b>26</b> Vegetable Soup Roast Turkey W/ Ls Gravy Cranberry Garnish Cornbread Stuffing Green Peas Marinated Tomato, Onion & Green Pepper Salad Whole Grain Roll Fresh Orange Sections <hr/> Tomato & Egg Soup Tilapia White & Brown Rice Sautéed American Cabbage w/ Ginger Sautéed Green Beans Fresh Banana	<b>27</b> Barbeque Chicken Leg & Thigh In Ls Sauce Fresh Sweet Potatoes Hot Beets W/ Onions Carrot- Broccoli Slaw Whole Grain Bread Gingered Pears <hr/> Wintermelon Soup Chicken Leg Quarter w/ Black Pepper Sauce White & Brown Rice Steamed Corn Bok Choy w/ Garlic Fresh Orange	<b>28</b> Creamy Squash Soup Italian Meatloaf W/ Ls Sauce Mashed Potatoes (Vit C) Corn & Lima Beans Spinach Salad W/ Mushrooms Creamy Italian Dressing French Bread Fresh Apple <hr/> Tofu Seaweed Soup Pork Vegetable Chow Mein Noodles (in entrée) Broccoli w/ Red Pepper Cucumber Salad Egg Roll (1) Sliced Pears
			Administered by <b>YWCA San Gabriel Valley &amp; the Inland Communities</b> And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.  YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447  email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a> <a href="https://www.facebook.com/ywcasgv">facebook.com/ywcasgv</a>	

**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**