

## YWCA Senior Café - Live Oak Park Community Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Administered by <u>YWCA San Gabriel Valley &amp; the Inland Communities</u> 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 &amp; the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447</p> <p>email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a> <a href="https://www.facebook.com/ywcasg">facebook.com/ywcasg</a></p>				<p><b>1</b> Creamy Tomato Soup Tuna Salad Sandwich W/ Lettuce, Tomato &amp; Onion Ls Three Bean Salad Marinated Beet &amp; Onion Salad Creamy Coleslaw Whole Grain Bread (2 Sl) Fresh Banana</p> <hr/> <p><i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White &amp; Brown Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Vermicelli, Garlic &amp; Cucumber</i> <i>Sauteed Green Beans</i> <i>Cantaloupe or Honeydew</i></p>
<p><b>4</b></p>  <p><b>CENTERS CLOSED</b></p>	<p><b>5</b> Orange Juice Hawaiian Chicken Leg &amp; Thigh Rice Pilaf Green Peas Spinach Salad W/ Mushrooms Whole Grain Bread Peaches</p> <hr/> <p><i>Hot &amp; Sour Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>White Rice</i> <i>Vermicelli w/ Carrots</i> <i>Cauliflower w/ Carrots</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i></p>	<p><b>6</b> Fish Vera Cruz In Ls Sauce Fresh Sweet Potatoes Corn Niblets Apple Salad Spinach Salad Whole Grain Bread Gingered Pears</p> <hr/> <p><i>Creamy Corn Soup</i> <i>2 Pig's Feet &amp; Soy Sauce Egg</i> <i>w/ Carrots</i> <i>White &amp; Brown Rice</i> <i>Seasoned Tofu w/ mushrooms</i> <i>Green Chinese Cabbage</i> <i>Fresh Orange</i></p>	<p><b>7</b> Creamy Squash Soup Ls Sliced Turkey W/ Ls Gravy Cornbread Stuffing Hot Beets W/ Onions Carrot-Broccoli Slaw Fresh Banana</p> <hr/> <p><i>Seaweed Egg Soup</i> <i>Smoked Chicken</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Chinese Squash w/ garlic</i> <i>Fresh Apple</i></p>	<p><b>8</b> Navy Bean Soup Swedish Meatballs Spiral Pasta Green Beans Lettuce W/ Tomato Salad Whole Grain Bread Honeydew</p> <hr/> <p><i>Potato &amp; Carrot Soup</i> <i>BBQ Pork w/ Tofu</i> <i>White &amp; Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Peas &amp; Red Peppers</i> <i>Sliced Peaches or Seasonal</i> <i>Fruit</i></p>
<p><b>11</b> Creamy Tomato Soup Ls Turkey Pieces W/ Ls Gravy Parsley Potatoes Carrot Coins Creamy Coleslaw Whole Grain Bread Apple Cobbler W/ Oatmeal Topping</p> <hr/> <p><i>Pumpkin Soup</i> <i>Curry Chicken w/ White Rice</i> <i>Stir-Fried Red Carrots &amp; Corn</i> <i>Sauteed Chinese Cabbage w/</i> <i>Ginger, Egg Roll (1)</i> <i>Fresh Banana 5</i></p>	<p><b>12</b> Orange Juice Beef Fajitas In Ls Sauce Baked Winter Squash Ls Pinto Beans Tossed Salad W/ Radish Ranch Dressing Flour Tortilla Fresh Banana</p> <hr/> <p><i>Soybean Soup</i> <i>Baked Pork Rib</i> <i>White &amp; Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Chinese Vegetables w/</i> <i>American Cabbage, Bean</i> <i>Thread &amp; Mushrooms</i> <i>Sliced Peas</i></p>	<p><b>13</b> Chicken Chop Suey Brown &amp; White Rice Garlic Baby Bok Choy Chinese Cabbage Salad Oriental Dressing Cantaloupe</p> <hr/> <p><i>Dry Bok Choy Soup</i> <i>Diced Chicken &amp; Plain</i> <i>Noodles</i> <i>Stir-Fried Tomato w/ Egg &amp;</i> <i>Onion</i> <i>Asian Cucumber</i> <i>Sliced Cantaloupe</i></p>	<p><b>14</b> Minestrone Soup Italian Meatloaf W/ Ls Sauce Mashed Potatoes (Vit C) Green Peas Ls Three Bean Salad Whole Grain Bread Fresh Orange Sections</p> <hr/> <p><i>Corn Soup</i> <i>Sliced Pork w/ Cabbage</i> <i>&amp; Barbecue Tofu</i> <i>White &amp; Brown Rice</i> <i>Steamed Yu Choy</i> <i>Pumpkin w/ Garlic Sauce</i> <i>Fresh Orange</i></p>	<p><b>15</b> Rosemary Chicken L &amp; T Barley Pilaf Fresh Sweet Potatoes Marinated Beet &amp; Onion Salad Whole Grain Bread Sliced Peas</p> <hr/> <p><i>Wintermelon Soup</i> <i>Longli Fish w/ Miso Sauce</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Steamed Broccoli /Cauliflower</i> <i>Pineapple Chunks</i></p>
<p><b>18</b> Pork Carnitas Baked Winter Squash Ls Refried Beans Spinach Salad W/Mushroom 1000 Island Dressing Flour Tortilla Cantaloupe</p> <hr/> <p><i>Spinach Soup</i> <i>Steamed Pork w/ Egg</i> <i>White Rice</i> <i>Pumpkin w/ Garlic Sauce</i> <i>Steamed Corn &amp; Peas</i> <i>Honeydew or Cantaloupe 6</i></p>	<p><b>19</b> Salmon In Mustard-Dill Sauce Fresh Sweet Potatoes Green Peas Garden Salad W/Red Cabbage French Dressing Whole Grain Bread Fresh Apple</p> <hr/> <p><i>Miso w/ Tofu Soup</i> <i>BBQ Chicken Leg &amp; Thigh</i> <i>White &amp; Brown Rice</i> <i>Bean Sprouts w/ Sliced Carrot</i> <i>Stir Fried Yu Choy</i> <i>Fresh Orange</i></p>	<p><b>20</b> Albondigas Soup Tostada Salad W/Ground Beef , 5 Oz Cheese &amp; Salsa Ls Black Beans &amp; Corn Lettuce W/ Tomato, Green Onion, Green Pepper Strips Ranch Dressing Fresh Orange Sections</p> <hr/> <p><i>Creamy Corn Soup</i> <i>Mackerel</i> <i>White &amp; Brown Rice</i> <i>Cauliflower &amp; Cabbage</i> <i>Lettuce w/ Oyster Sauce</i> <i>Sliced Peaches</i></p>	<p><b>21</b> Split Pea Soup Hawaiian Chicken Leg &amp; Thigh Brown &amp; White Rice Creamed Spinach Creamy Coleslaw Whole Grain Bread Fresh Banana</p> <hr/> <p><i>Tomato &amp; Egg Soup</i> <i>Curry Chicken w/ White Rice</i> <i>Bean Thread Vermicelli w/</i> <i>Garlic &amp; Cucumber</i> <i>Steamed Carrots &amp; Bok Choy</i> <i>Pineapple Chunks</i></p>	<p><b>22</b> Sliced Roast Pork W/ Ls Gravy Mashed Potatoes (Vit C) Steamed Broccoli Pineapple Chunks Whole Grain Bread Custard</p> <hr/> <p><i>Hot &amp; Sour Soup</i> <i>Soy Sauce Pork Ribs</i> <i>White &amp; Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Chinese Vegetables w/</i> <i>Cabbage, Bean Thread &amp;</i> <i>Dried Mushrooms</i> <i>Sliced Peas</i></p>
<p><b>25</b> Beef Tips W/ Mushrooms Barley Pilaf Mixed Vegetables Creamy Coleslaw Whole Grain Bread Gingered Pears</p> <hr/> <p><i>Pumpkin Soup</i> <i>BBQ Chicken Leg &amp; Thigh</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bean Sprouts</i> <i>w/ Dry Bean Cube</i> <i>Cauliflower &amp; Carrots</i> <i>Fresh Banana 1</i></p>	<p><b>26</b> Sweet Corn Soup &amp; Crackers Chicken Chow Mein Chow Mein Noodles Garlic Baby Bok Choy Spinach Salad W/ Mushrooms 1000 Island Dressing Sliced Peaches</p> <hr/> <p><i>Soybean Soup</i> <i>Longli Fish w/Black Bean</i> <i>Sauce</i> <i>White Rice</i> <i>Stir Fried Napa Cabbage</i> <i>Corn &amp; Broccoli</i> <i>Fresh Apple</i></p>	<p><b>27</b> Beef Barley Vegetable Soup Sliced Pork Loin Roast Fresh Sweet Potatoes Corn Marinated Tomato, Onion &amp; Green Pepper Salad Fresh Banana</p> <hr/> <p><i>Spinach Soup</i> <i>Steamed Pork w/ Egg</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Pumpkin w/ Garlic</i> <i>Steamed Mixed Vegetables</i> <i>Sliced Honeydew or</i> <i>Cantaloupe</i></p>	<p><b>28</b> Orange Juice Swedish Meatballs Spiral Pasta Green Beans Caesar Salad Whole Grain Bread Fresh Apple</p> <hr/> <p><i>Miso Soup</i> <i>Tilapia w/ White Rice</i> <i>Stir-Fried Celery &amp; Cauliflower</i> <i>Sauteed Mustard Greens w/</i> <i>Ginger, Egg Roll (1)</i> <i>Sliced Peas</i></p>	<p><b>29</b> Chinese Vegetable Soup Ls Asian Chicken Salad Lettuce W/ Bell Pepper, Green Onion &amp; Shredded Carrots Mushrooms &amp; Radish Sourdough Bread Fresh Orange Sections</p> <hr/> <p><i>Egg Flower Soup</i> <i>Smoked Chicken</i> <i>White &amp; Brown Rice</i> <i>Bok Choy w/ Garlic</i> <i>Seaweed Salad</i> <i>Fresh Orange</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**