

## YWCA Senior Café - Live Oak Park Community Center

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

**HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS**

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/ywcasgv">facebook.com/ywcasgv</a></p>			<p><b>1</b> Meatloaf W/ Ls Brown Gravy Mashed Potatoes (Vit C) Green Peas Ls Three Bean Salad Whole Grain Bread Fresh Orange Sections</p>	<p><b>2</b> Fish Vera Cruz Rice Pilaf Fresh Sweet Potatoes Marinated Beet &amp; Onion Salad Whole Grain Bread Sliced Pears</p>
			<p><i>Corn Soup</i> <i>Sliced Pork w/ Cabbage &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><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 &amp; Cauliflower</i> <i>Pineapple Chunks</i></p>
<p><b>5</b> Pork Carnitas Baked Winter Squash Ls Refried Beans Spinach Salad W/ Mushrooms 1000 Island Dressing Flour Tortilla Sliced Honeydew</p>	<p><b>6</b> Sliced Roast Turkey In Gravy Fresh Sweet Potatoes Green Peas Garden Salad W/Red Cabbage French Dressing Whole Grain Bread Fresh Apple</p>	<p><b>7</b> Steak Picado Roasted Potatoes Green Beans Carrot- Raisin Salad Flour Tortilla Citrus Fruit Salad</p>	<p><b>8</b> Hawaiian Chicken Leg &amp; Thigh Brown &amp; White Rice Creamed Spinach Creamy Coleslaw Whole Grain Bread Fresh Banana</p>	<p><b>9</b> Salmon In Mustard- Dill Sauce Mashed Potatoes (Vit C) Steamed Broccoli Pineapple Chunks Whole Grain Bread Custard</p>
<p><i>Spinach Soup</i> <i>Steamed Pork w/ Egg</i> <i>White Rice</i> <i>Stir-Fried Pumpkin w/ Garlic Sauce</i> <i>Steamed Corn &amp; Peas</i> <i>Honeydew or Cantaloupe</i> 6</p>	<p><i>Miso w/ Tofu Soup</i> <i>BBQ Chicken Leg &amp; Thigh</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bean Sprouts w/ Sliced Carrots</i> <i>Stir Fried Yu Choy</i> <i>Fresh Orange</i></p>	<p><i>Creamy Corn Soup</i> <i>Mackerel</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Cauliflower &amp; Cabbage</i> <i>Lettuce w/ Oyster Sauce</i> <i>Sliced Peaches</i></p>	<p><i>Tomato &amp; Egg Soup</i> <i>Curry Chicken</i> <i>White Rice</i> <i>Bean Thread Vermicelli w/ Garlic &amp; Cucumber</i> <i>Steamed Carrots &amp; Bok Choy</i> <i>Pineapple Chunks</i></p>	<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>Stir-Fried Chinese Vegetables</i> <i>Sliced Pears</i></p>
<p><b>12</b> Beef Tips W/ Mushrooms In Ls Gravy Rice Pilaf Mixed Vegetables Creamy Coleslaw Whole Grain Bread Gingered Pears</p>	<p><b>13</b> Chicken Chow Mein Chow Mein Noodles Garlic Baby Bok Choy Spinach Salad W/ Mushrooms 1000 Island Dressing Peaches</p>	<p><b>14</b> Pork Loin Roast In Ls Gravy Fresh Sweet Potatoes Corn Marinated Tomato, Onion, &amp; Green Pepper Salad Whole Grain Bread Fresh Banana</p>	<p><b>15</b> Orange Juice Swedish Meatballs Spiral Pasta Green Beans Caesar Salad Whole Grain Bread Fresh Apple</p>	<p><b>16</b> Herbed Tilapia In Mustard-Dill Tex-Mex Brown &amp; White Rice Ls Pinto Beans Lettuce, Radish &amp; Cucumber Salad W/Ranch Dressing Flour Tortilla Citrus Fruit Cup</p>
<p><i>Pumpkin Soup</i> <i>BBQ Chicken Leg &amp; Thigh</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bean Sprouts w/ Dry Bean Cube</i> <i>Cauliflower &amp; Carrots</i> <i>Fresh Banana</i> 1</p>	<p><i>Soybean Soup</i> <i>Longli Fish w/ Black Bean Sauce</i> <i>White Rice</i> <i>Stir Fried Napa Cabbage</i> <i>Corn &amp; Broccoli</i> <i>Fresh Apple</i></p>	<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 Cantaloupe</i></p>	<p><i>Miso Soup</i> <i>Tilapia</i> <i>White Rice</i> <i>Stir-Fried Celery &amp; Cauliflower</i> <i>Sauteed Mustard Greens w/ Ginger</i> <i>Sliced Pears</i></p>	<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>
<p><b>19</b> Orange Juice Pork Lo Mein In Ls Sauce W/ Lo Mein Noodles Baked Winter Squash Tossed Salad W/ Mushrooms French Dressing Cinnamon Applesauce</p>	<p><b>20</b> Hamburger Patty W/ Lettuce, Onion, &amp; Tomato Parsley Potatoes Carrot Coins Whole Grain Hamburger Bun Sliced Cantaloupe</p>	<p><b>21</b> Sliced Roast Turkey In Ls Gravy W/ Cranberry Garnish Rice Pilaf Green Peas Apple Salad Whole Grain Bread Fresh Orange Sections</p>	<p><b>22</b> Rosemary Chicken L&amp;T Carrots &amp; Broccoli Fresh Sweet Potatoes Gingered Pears Whole Grain Bread Fresh Banana</p>	<p><b>23</b> Salmon in Pesto Sauce Mashed Potatoes (Vit C) Corn Nibbles Spinach Salad W/ Mushrooms Creamy Italian Dressing Sourdough Bread Fresh Apple</p>
<p><i>Mushroom &amp; Melon Soup</i> <i>Baked Pork Rib</i> <i>White &amp; Brown Rice</i> <i>Sauteed Mustard Greens w/ Ginger</i> <i>Stir-Fried Chinese Cabbage w/ Garlic Sauce</i> <i>Pineapple Chunks</i> 2</p>	<p><i>Bok Choy Soup</i> <i>Kung Pao Chicken</i> <i>White Rice</i> <i>Carrots w/ Seaweed</i> <i>Steamed Yu Choy</i> <i>Sliced Honeydew or Cantaloupe</i></p>	<p><i>Tomato &amp; Egg Soup</i> <i>Tilapia</i> <i>White &amp; Brown Rice</i> <i>Sauteed American Cabbage w/ Ginger</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i></p>	<p><i>Wintermelon Soup</i> <i>Chicken Leg Quarter w/ Black Pepper Sauce</i> <i>White &amp; Brown Rice</i> <i>Stir Fried Chinese Squash</i> <i>Bok Choy w/ Garlic</i> <i>Fresh Orange</i></p>	<p><i>Soybean Soup</i> <i>Pork Vegetable Chow Mein</i> <i>Noodles (in entrée)</i> <i>Broccoli w/ Red Pepper</i> <i>Cucumber Salad</i> <i>Sliced Pears</i></p>
<p><b>26</b></p>  <p>Cesar Chavez Day Centers Closed</p>	<p><b>27</b> Sliced Roast Pork In Ls Gravy Fresh Sweet Potatoes Green Beans &amp; Corn Apple Salad Whole Grain Bread Custard</p>	<p><b>28</b> Orange Juice Oven Fried Chicken L &amp; T Cornbread Stuffing Carrots Lettuce Salad w/Ranch Dressing Whole Grain Bread Sliced Honeydew</p>	<p><b>29</b> Stuffed Bell Pepper Spanish Rice Creamed Spinach Strawberry Gelatin W/ Pineapple Whole Grain Bread Fresh Orange Sections</p>	<p><b>30</b> Tuna Salad Sandwich W/ Lettuce, Onion, &amp; Tomato Ls Three Bean Salad Marinated Beet &amp; Onion Salad Creamy Coleslaw Whole Grain Hamburger Bun Fresh Banana</p>
	<p><i>Miso Soup</i> <i>Steamed Pork w/ Egg</i> <i>White Rice</i> <i>Stir Fry Bok Choy</i> <i>Broccoli w/ Mushrooms</i> <i>Sliced Peaches or Seasonal Fruit (no Banana, Melon or Orange)</i></p>	<p><i>Cabbage Soup</i> <i>Chicken w/ Cashews</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Pumpkin</i> <i>Mustard Greens w/ Ginger</i> <i>Pineapple Chunks</i></p>	<p><i>Soybean Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Stir-Fried Cauliflower &amp; Carrots</i> <i>Stir-Fried Chinese Melon w/ Garlic</i> <i>Fresh Banana</i></p>	<p><i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White &amp; Brown Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Vermicelli w/ Garlic &amp; Cucumbers</i> <i>Sauteed Green Beans</i> <i>Cantaloupe or Honeydew</i></p>

**SUBJECT TO CHANGE WITHOUT NOTICE \*\*\* SUGGESTED DONATION \$3.00 \*\*\* 1% LOW FAT MILK INCLUDED**  
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