


## YWCA San Gabriel Valley - Senior Café Menu

**IMPORTANT:** "YOUR CHOICE" MEALS WILL BE ORDERED BASED ON THE SELECTIONS MADE; OTHERWISE, FIRST COME, FIRST SERVED. YOU SHOULD KNOW THAT WE MAY NOT BE ABLE TO HONOR YOUR FIRST CHOICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Administered by <b>YWCA San Gabriel Valley Senior Services</b> and funded in part by the <b>Los Angeles County Area Agency on Aging</b> through the Older Americans Act of 1965 as amended.  <b>YWCA San Gabriel Valley Senior Services</b> 943 North Grand Avenue Covina, CA 91724 Phone: 626-960-2995 Fax: 626-814-0447 email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a>		<b>1</b> SPLIT PEA SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES FIESTA GREEN BEANS GARDEN SALAD W/ RED CABBAGE & RADISHES FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE SLICED CANTALOUPE	<b>2</b> POTATO & ONION SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD BROCCOLI & CORN RED JELLO W/ CARROTS, MANDARIN ORANGES & PINEAPPLE TWO SLICES WHOLE GRAIN BREAD W/ MARG. TWO OATMEAL COOKIES
	<b>5</b> CREAMY TOMATO SOUP OVEN FRIED CHICKEN W/ GRAVY ROASTED POTATOES PEAS & CARROTS WALDORF SALAD CORN BREAD W/ MARGARINE ORANGE SECTIONS	<b>6</b> CREAMY SQUASH SOUP SLOPPY JOES MACARONI SALAD BROCCOLI W/ RED PEPPERS LETTUCE & TOMATO SALAD 1000 ISLAND DRESSING HAMBURGER BUN W/ MARGARINE PEACH PIE	<b>7</b> LENTIL SOUP SWEET & SOUR PORK W/ SAUCE, PINEAPPLE & GREEN PEPPERS STEAMED RICE (½ WHITE, ½ BROWN) NORMANDY VEGETABLES TOSSED SALAD W/ RED CABBAGE & MUSHROOMS FRENCH DRESSING WHOLE GRAIN ROLL / MARG. BUTTERSCOTCH PUDDING	<b>8</b> GREEK LEMON & RICE SOUP BRAISED BEEF TIPS BUTTERED EGG NOODLES BAKED WINTER SQUASH LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP
<b>12</b> NAVY BEAN SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES CORN & LIMA BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	<b>13 YOUR CHOICE</b> <u>TOMATO RICE SOUP</u> SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE <i>OR</i> SALISBURY STEAK W/ GRAVY AU GRATIN POTATOES MIXED VEGETABLES BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE BROWNIE	<b>14</b> ALBONDIGAS SOUP STEAK PICADA PICO DE GALLO SPANISH RICE PINTO BEANS LETTUCE SALAD W/ ORANGE CHUNKS FRENCH DRESSING FLOUR TORTILLA W/ MARGARINE CUSTARD	<b>15</b> CREAMY CORN SOUP SHABIR'S BBQ PULLED PORK SANDWICH W/ PICKLE, TOMATO & ONION SLICES BABY RED ROASTED POTATOES NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING HAMBURGER BUN CHERRY COBBLER	<b>16</b> SPINACH AND LENTIL SOUP TERIYAKI CHICKEN FRESH SWEET POTATOES GREEN PEAS & CORN WALDORF SALAD WHOLE GRAIN ROLL W/ MARGARINE ORANGE WEDGES
<b>19</b> SPLIT PEA SOUP MEATLOAF W/ BROWN GRAVY SCALLOPED POTATOES BROCCOLI & CARROTS ROMAINE SALAD W/ RED CABBAGE & MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE RED GELATIN W/ MANDARIN ORANGES	<b>20</b> BROCCOLI CHEESE SOUP SWEET & SOUR PORK, SAUCE, PINEAPPLE & GREEN PEPPERS STEAMED RICE (½ BROWN, ½ WHITE RICE) CREAMED SPINACH MARINATED BEET & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE CITRUS FRUIT CUP	<b>21</b> MINISTRONE SOUP STUFFED BELL PEPPER ROASTED POTATOES GREEN BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	<b>22 YOUR CHOICE</b> <u>CREAMY SQUASH SOUP</u> SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE <i>OR</i> ROAST BEEF W/ GRAVY RICE PILAF (½ BROWN, ½ WHITE RICE) PEAS & BUTTER BEANS WALDORF SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH SLICED CANTALOUPE	<b>23</b> LENTIL SOUP TURKEY ALA KING OVER BISCUIT MASHED POTATOES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD BISCUIT W/ MARGARINE APPLE COBBLER
<b>26</b> GREEK LEMON & RICE SOUP BRAISED BEEF TIPS W/ GRAVY MASHED POTATOES NORMANDY VEGETABLES LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE PUDDING	<b>27</b> CREAMY TOMATO SOUP TUNA NOODLE CASSEROLE BAKED WINTER SQUASH CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE AMBROSIA	<b>28</b> NAVY BEAN SOUP HAWAIIAN CHICKEN IN SWEET & SOUR SAUCE W/ PINEAPPLE CHUNKS FRESH SWEET POTATOES GREEN PEAS TOSSED SALAD W/ MUSHROOMS & RADISHES FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE FRESH BANANA	<b>29 SOUP &amp; SALAD</b> <u>ALBONDIGAS SOUP</u> TOSTADA SALAD TEX-MEX RICE (½ BROWN ½ WHITE) REFRIED BEANS SHREDDED CHEESE LETTUCE, TOMATO CHUNKS, BLACK OLIVES CREAMY FRENCH DRESSING SALSA, SOUR CREAM TORTILLA CHIPS CITRUS FRUIT CUP	<b>30</b> MINISTRONE SOUP ITALIAN MEATBALLS SPAGHETTI IN ITALIAN SAUCE BROCCOLI W/ BABY CORN GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE OATMEAL RAISIN COOKIES

SUBJECT TO CHANGE WITHOUT NOTICE \*\*\* SUGGESTED DONATION \$2.00 \*\*\* LOW FAT MILK INCLUDED