

## 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	
<p><b>2</b> NAVY BEAN SOUP OPEN FACE HOT TURKEY SANDWICH W/ GRAVY MASHED POTATOES BROCCOLI &amp; CORN MARINATED BEET &amp; ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE TWO OATMEAL-RAISIN COOKIES OR FRESH APPLE</p>	<p><b>3 YOUR CHOICE</b> CREAMY TOMATO SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE &amp; TARTAR SAUCE OR ROAST BEEF W/ GRAVY AU GRATIN POTATOES GREEN BEANS &amp; CARROTS PINEAPPLE COLESLAW ¾C WHOLE GRAIN ROLL W/ MARGARINE RED GELATIN W/ PEARS</p>	<p><b>4</b> BEEF BARLEY VEGETABLE SOUP OVEN FRIED CHICKEN W/ GRAVY FRESH MASHED SWEET POTATOES BUTTER BEANS TOSSED SALAD W/ RED CABBAGE &amp; TOMATO SL. ITALIAN DRESSING WHOLE GRAIN ROLL W/ MARGARINE FRESH BANANA</p>	<p><b>5 SOUP &amp; SALAD</b> ALBONDIGAS SOUP 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</p>	<p><b>6</b> CREAMY SQUASH SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO &amp; MAYO MACARONI SALAD THREE BEAN SALAD ORANGE GELATIN W/ SHREDDED CARROTS, MANDARIN ORANGES &amp; PINEAPPLE TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW</p>	
<p><b>9</b> SPINACH &amp; LENTIL SOUP TERIYAKI CHICKEN W/ SAUCE RED ROASTED POTATOES PEAS &amp; CARROTS MARINATED TOMATO, GREEN PEPPER &amp; ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE PUDDING</p>	<p><b>10 SOUP N' SUB</b> CREAMY CORN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY &amp; JACK CHEESE) MAYO &amp; MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO &amp; ONION SLICES POTATO SALAD CREAMY COLESLAW HOAGIE ROLL W/ MARG. STRAWBERRY GELATIN W/ ¼ CUP PEARS</p>	<p><b>11</b> VEGETABLE SOUP BURGUNDY BEEF TIPS BUTTERED EGG NOODLES BAKED WINTER SQUASH LETTUCE &amp; TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE</p>	<p><b>12 SOUP &amp; SALAD</b> BROCCOLI CHEESE SOUP SANTA FE CHICKEN SALAD W/ CHICKEN STRIPS, EGG GARNISH, CHEESE BLACK BEANS &amp; WHOLE KERNEL CORN CARROT-PINEAPPLE SALAD LETTUCE W/ TOMATO CHUNKS, BLACK OLIVES, GREEN PEPPER RINGS, CILANTRO, RANCH DR. CORN TORTILLA W/ MARG. ORANGE SECTIONS</p>	<p><b>13</b> CHICKEN NOODLE SOUP PORK CHOP W/ GRAVY FRESH SWEET POTATOES CREAMED SPINACH CAESAR SALAD W/ CRUTONS &amp; DRESSING WHOLE GRAIN ROLL W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING</p>	
<p><b>16</b> CREAMY TOMATO SOUP ROAST BEEF W/ GRAVY SCALLOPPED POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING</p>	<p><b>17</b> NAVY BEAN SOUP TURKEY ALA KING OVER BISCUIT GREEN BEANS W/ ALMONDS HOT HARVARD BEETS LETTUCE SALAD W/ RED CABBAGE &amp; RADISHES FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS</p>	<p><b>18 YOUR CHOICE</b> CREAMY SQUASH SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE &amp; TARTAR SAUCE OR ROAST PORK W/ GRAVY PARSLEY POTATOES MIXED VEGETABLES GREEK SALAD W/ FETA CHEESE &amp; DRESSING WHOLE GRAIN ROLL W/ MARGARINE SLICED HONEYDEW</p>	<p><b>19 Hawaiian Luau</b> SPLIT PEA SOUP HAWAIIAN CHICKEN W/ SWEET &amp; SOUR SAUCE RICE PILAF (BROWN &amp; WHITE) BROCCOLI &amp; CARROTS WALDORF SALAD WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE BROWNIE</p>	<p><b>20 YOUR CHOICE: SALAD OR SANDWICH</b> SPINACH &amp; LENTIL SOUP CHEFS SALAD W/ HAM, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS &amp; SALAD VEGETABLES, 1000 ISLAND DRESSING OR TUNA SALAD SANDWICH W/ MAYO &amp; THREE BEAN SALAD WHOLE GRAIN ROLL OR 2 SLICES WHOLE GRAIN BREAD W/ MARGARINE POTATO SALAD CITRUS FRUIT CUP FRESH BANANA</p>	
<p><b>23</b> POTATO &amp; ONION SOUP PORK RIBBLET W/ SHABIR'S SPECIAL SAUCE GARLIC MASHED POTATOES PEAS &amp; CARROTS MARINATED TOMATO, ONION &amp; GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA</p>	<p><b>24</b> GRAPE JUICE BEEF STEW BOILED POTATOES STEW VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN ROLL W/ MARGARINE PEACH COBBLER W/ ¼ CUP FRUIT</p>	<p><b>25 SOUP &amp; SALAD</b> VEGETABLE SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES (1 c) SUNSET SALAD WHOLE GRAIN ROLL W/ MARGARINE SLICED CANTALOUPE</p>	<p><b>26 WESTERN DAY</b> CREAMY CORN SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO &amp; ONION SLICES KETCHUP, MUSTARD &amp; RELISH PACKETS BARBECUE BAKED BEANS HOT GERMAN POTATO SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE APPLE PIE</p>	<p><b>27</b> BROCCOLI CHEESE SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE GREEN BEANS &amp; CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	
<p><b>30</b> CREAMY TOMATO SOUP SALISBURY STEAK W/ GRAVY AU GRATIN POTATOES LIMA BEANS &amp; CORN CARROT-RAISIN SALAD WHOLE GRAIN ROLL W/ MARGARINE SLICED HONEYDEW</p>	<p><b>31</b> ALBONDIGAS SOUP CHICKEN FAJITAS W/ GREEN PEPPERS, ONION &amp; SAUCE PICO DE GALLO SPANISH RICE (BROWN &amp; WHITE) BLACK BEANS GARDEN SALAD W/ RED CABBAGE &amp; CARROTS 1000 ISLAND DRESSING FLOUR TORTILLA W/ MARG. ORANGE SECTIONS</p>				<p style="text-align: center;"><b>Administered by</b> <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.</p> <p style="text-align: center;"><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></p>