




## 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>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.</p> <p><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>				
<p><b>1</b> PINEAPPLE JUICE ROAST TURKEY W/ GRAVY MASHED POTATOES MIXED VEGETABLES GARDEN SALAD W/ RED CABBAGE &amp; MUSHROOMS 1000 ISLAND DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p><b>2</b> NAVY BEAN SOUP TUNA NOODLE CASSEROLE GARLIC BABY BOK CHOY CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE AMBROSIA</p>	<p><b>3 YOUR CHOICE</b> HAWAIIAN CHICKEN W/ SWEET &amp; SOUR SAUCE AND PINEAPPLE CHUNKS <i>OR</i> SALMON W/ MUSTARD DILL SAUCE &amp; TARTAR SAUCE STEAMED RICE (½ BROWN, ½ WHITE) NORMANDY VEGETABLES LETTUCE SALAD W/ TOMATO CHUNKS FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE PUDDING</p>	<p><b>4 SOUP N' SUB</b> CHICKEN NOODLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY &amp; JACK CHEESE) MAYO &amp; MUSTARD PKTS. PICKLE SPEAR, LETTUCE, TOMATO &amp; ONION SLICES MARINATED BEET &amp; ONION SALAD MACARONI SALAD WHOLE GRAIN SOFT ROLL W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>5</b> SPLIT PEA SOUP SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA IN SAUCE BROCCOLI &amp; BABY CORN TOSSED SALAD W/ RADISHES RANCH DRESSING FRENCH BREAD w/ MARG. FRESH BANANA</p>
<p><b>8</b> VEGETABLE SOUP PORK LOIN ROAST W/ GRAVY HONEY GLAZED SWEET POTATOES PEAS &amp; CORN GARDEN SALAD W/ CARROTS &amp; MUSHROOMS 1000 ISLAND DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLE SAUCE</p>	<p><b>9</b> BEEF BARLEY VEG SOUP TURKEY ALA KING OVER BISCUIT MASHED POTATOES NORMANDY VEGETABLES LEMON GELATIN W/ MANDARIN ORANGES, CELERY &amp; CARROTS BISCUIT W/ MARGARINE APPLE PIE</p>	<p><b>10</b> LENTIL SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS &amp; SAUCE SPAGHETTI IN ITALIAN SAUCE GREEN BEANS &amp; CORN CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE FRESH BANANA</p>	<p><b>11 CHINESE NEW YEAR MENU</b> MANDARIN BEEF STEAMED RICE (½ BROWN, ½ WHITE) CHINESE VEGETABLES LETTUCE &amp; TOMATO SALAD FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	<p><b>12 VALENTINES DAY MENU</b> BERRY JUICE CHICKEN IN WINE SAUCE SCALLOPED POTATOES BUTTER BEANS CAESAR SALAD W/ CRUTONS &amp; DRESSING WHOLE GRAIN ROLL W/ MARGARINE STRAWBERRY ICE CREAM OR FRUIT ALTERNATE</p>
<p><b>15 PRESIDENTS DAY</b>  <b>CENTER CLOSED</b></p>	<p><b>16</b> SPLIT PEA SOUP SHABIR'S BBQ PULLED PORK SANDWICH W/ PICKLE, TOMATO &amp; ONION SLICES OVEN ROASTED POTATOES BROCCOLI &amp; CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING HAMBURGER BUN W/ MARGARINE SLICED GINGERED PEARS</p>	<p><b>17 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 DR. SALSA, SOUR CREAM TORTILLA CHIPS CITRUS FRUIT CUP</p>	<p><b>18 YOUR CHOICE</b> POTATO &amp; ONION SOUP ROAST BEEF W/ GRAVY <i>OR</i> SALMON W/ MUSTARD DILL SAUCE &amp; TARTAR SAUCE AU GRATIN POTATOES NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE &amp; DRESSING WHOLE GRAIN BREAD W/ MARGARINE BUTTERSCOTCH PUDDING</p>	<p><b>19</b> VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO &amp; MAYO THREE BEAN SALAD WALDORF SALAD CARROT-BROCCOLI SLAW TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE ORANGE WEDGES</p>
<p><b>22</b> BROCCOLI CHEESE SOUP OVEN FRIED CHICKEN W/ GRAVY MASHED POTATOES LIMA BEANS &amp; CARROTS MARINATED TOMATO, GREEN PEPPER &amp; ONION SALAD CORN BREAD W/ MARGARINE LEMON PUDDING</p>	<p><b>23</b> SPLIT PEA SOUP SALISBURY STEAK W/ GRAVY SCALLOPED POTATOES BROCCOLI W/ RED PEPPERS LETTUCE SALAD W/ ORANGE CHUNKS FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE PEACH PIE</p>	<p><b>24</b> ORANGE JUICE SWEET &amp; SOUR PORK SAUCE W/ PINEAPPLE &amp; GREEN PEPPERS STEAMED RICE (½ BROWN, ½ WHITE) MIXED VEGETABLES TOSSED SALAD W/ RED CABBAGE &amp; MUSHROOMS FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE OATMEAL RAISIN COOKIES (1 LARGE OR 2 SMALL)</p>	<p><b>25</b> NAVY BEAN SOUP BRAISED BEEF TIPS BUTTERED EGG NOODLES BAKED WINTER SQUASH LETTUCE &amp; TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>26</b> MINESTRONE SOUP BEEF &amp; CHEESE LASAGNA NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS &amp; DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>

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