

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 YWCA San Gabriel Valley Senior Services 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 Senior Services 943 North Grand Avenue Covina, CA 91724 Phone: 626-960-2995 Fax: 626-814-0447 email: intervale@ywcasgv.org</p>				<p>1 CREAMY SQUASH SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE GREEN BEANS & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE SLICED HONEYDEW</p>	<p>2 <u>Independence</u> <u>Day Picnic</u> VEGETABLE SOUP BARBECUE BEEF SLICES W/ PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD & RELISH PACKETS CHEESY MACARONI BAKED BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE WATERMELON SLICE</p>
<p>5 INDEPENDENCE DAY HOLIDAY</p>  <p>CENTERS CLOSED</p>	<p>6 SPINACH & LENTIL SOUP ROAST PORK LOIN W/ GRAVY FRESH SWEET POTATOES BROCCOLI W/ RED PEPPERS MARINATED BEET & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH APPLE</p>	<p>7 SPLIT PEA SOUP HAWAIIAN CHICKEN W/ SWEET & SOUR SAUCE ROASTED POTATOES MIXED VEGETABLES TOSSED SALAD W/ RED CABBAGE & CARROTS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE</p>	<p>8 YOUR CHOICE CREAMY TOMATO SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY AU GRATIN POTATOES NORMANDY VEGETABLES CREAMY COLESLAW WHOLE GRAIN ROLL W/ MARGARINE RED GELATIN W/ PEARS</p>	<p>9 SOUP & SALAD 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>12 GRAPE JUICE BEEF STEW BOILED POTATOES STEW VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN ROLL W/ MARGARINE PEACH COBBLER W/ ¼ CUP FRUIT</p>	<p>13 VEGETABLE SOUP PORK CHOP W/ GRAVY FRESH SWEET POTATOES HOT HARVARD BEETS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN ROLL W/ MARGARINE CINNAMON APPLE SAUCE</p>	<p>14 CREAMY SQUASH SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD THREE BEAN SALAD ORANGE GELATIN W/ SHREDDED CARROTS, MANDARIN ORANGES & PINEAPPLE TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW</p>	<p>15 NAVY BEAN SOUP OVEN FRIED CHICKEN W/ GRAVY MASHED POTATOES GREEN BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE PUDDING</p>	<p>16 MINISTRONE SOUP STUFFED BELL PEPPER AU GRATIN POTATOES NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	
<p>19 CREAMY CORN SOUP ROAST BEEF W/ GRAVY ROASTED POTATOES CREAMED SPINACH LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE CITRUS FRUIT CUP</p>	<p>20 ALBONDIGAS SOUP CHICKEN FAJITAS W/ GREEN PEPPERS, ONION & SAUCE PICO DE GALLO SPANISH RICE (BROWN & WHITE) BLACK BEANS GARDEN SALAD W/ RED CABBAGE & CARROTS 1000 ISLAND DRESSING FLOUR TORTILLA W/ MARGARINE SLICED CANTALOUPE</p>	<p>21 POTATO & ONION SOUP SALISBURY STEAK W/ GRAVY GARLIC MASHED POTATOES GREEN BEANS & CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING</p>	<p>22 YOUR CHOICE BROCCOLI CHEESE SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROASTED TURKEY W/ GRAVY PARSLEY POTATOES MIXED VEGETABLES MARINATED BEET & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS</p>	<p>23 SOUP N' SUB BEEF VEGETABLE BARLEY SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES POTATO SALAD CARROT-BROCCOLI SLAW HOAGIE ROLL W/ MARG. LEMON PUDDING</p>	
<p>26 CREAMY TOMATO SOUP TERIYAKI CHICKEN SCALOPPED POTATOES PEAS & CORN CARROT-RAISIN SALAD CORN BREAD W/ MARGARINE SLICED CANTALOUPE</p>	<p>27 SPLIT PEA SOUP SLOPPY JOES BBQ BAKED BEANS BROCCOLI W/ RED PEPPERS LETTUCE, TOMATO, PICKLES, ONION WHOLE GRAIN HAMBURGER BUN W/ MARGARINE BUTTERSCOTCH PUDDING</p>	<p>28 SOUP & SALAD VEGETABLE SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES (1 c) WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS</p>	<p>29 SPINACH & LENTIL SOUP SWEET & SOUR PORK W/ SAUCE, PINEAPPLE & GREEN PEPPERS STEAMED RICE (½ BROWN & ½ WHITE) GREEN BEANS W/ RED PEPPERS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>30 MINISTRONE SOUP W/ ½ CUP VEGETABLES BEEF & CHEESE LASAGNA NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN ROLL W/ MARGARINE AMBROSIA</p>	

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