


## 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
	<b>1</b> VEGETABLE SOUP PORK ROAST W/ GRAVY SWEET POTATOES CREAMED SPINACH MARINATED BEET & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE CITRUS FRUIT CUP	<b>2</b> MINESTRONE SOUP STUFFED BELL PEPPER PARSLEY POTATOES BROCCOLI & CARROTS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	<b>3 YOUR CHOICE</b> CREAMY CORN SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY RICE PILAF (½ BROWN & ½ WHITE) MIXED VEGETABLES CALICO COLESLAW WHOLE GRAIN ROLL W/ MARGARINE SLICED CANTALOUPE	<b>4</b> LENTIL SOUP OVEN FRIED CHICKEN MASHED POTATOES PEAS & CORN MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE PUDDING
	<b>7</b> NAVY BEAN SOUP BURGUNDY BEEF W/ BURGUNDY SAUCE BUTTERED EGG NOODLES NORMANDY VEGETABLES TOSSED SALAD W/ RED CABBAGE & MUSHROOMS 1000 ISLAND DRESSING WHOLE GRAIN ROLL W/ MARGARINE TWO CHOCOLATE CHIP COOKIES OR APPLE	<b>8</b> CREAMY TOMATO 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. MARG. SLICED HONEYDEW	<b>9</b> CREAMY SQUASH SOUP HAWAIIAN CHICKEN OVEN ROASTED POTATOES LIMA BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE BUTTERSCOTCH PUDDING	<b>10 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
<b>14</b> CHICKEN NOODLE SOUP PORK CHOP W/ GRAVY FRESH SWEET POTATOES HOT HARVARD BEETS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN ROLL W/ MARGARINE CINNAMON APPLE SAUCE	<b>15</b> SPINACH & LENTIL SOUP TURKEY ALA KING OVER BISCUIT MASHED POTATOES MIXED VEGETABLES MARINATED TOMATO, ONION & GREEN PEPPER SALAD BISCUIT W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING	<b>16</b> SPLIT PEA SOUP ROAST BEEF W/ GRAVY BABY RED PARSLEY POTATOES BROCCOLI & CARROTS WALDORF SALAD WHOLE GRAIN ROLL W/ MARGARINE RED GELATIN W/ PEARS	<b>17</b> CREAMY TOMATO SOUP HERB BAKED CHICKEN W/ GRAVY SCALLOPED POTATOES GREEN BEANS & CORN CARROT-RAISIN SALAD WHOLE GRAIN ROLL W/ MARGARINE SLICED HONEYDEW	<b>18 FATHER'S DAY PICNIC</b> VEGETABLE SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD & RELISH PACKETS BARBECUE BAKED BEANS BROCCOLI W/ RED PEPPERS CREAMY COLESLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE APPLE PIE
<b>21</b> NAVY BEAN SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE BROCCOLI & BABY CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE CHOCOLATE BROWNIE	<b>22</b> CREAMY SQUASH SOUP OVEN FRIED CHICKEN AU GRATIN POTATOES GREEN PEAS & LIMA BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE GINGERED PEARS	<b>23</b> 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	<b>24 YOUR CHOICE</b> 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	<b>25</b> ALBONDIGAS SOUP STEAK FAJITAS W/ GREEN PEPPERS, ONION & SAUCE PICO DE GALLO SPANISH RICE (BROWN & WHITE) BLACK BEANS GARDEN SALAD W/ CARROTS & TOMATOES RANCH DRESSING FLOUR TORTILLA W/ MARGARINE SLICED CANTALOUPE
<b>28</b> CREAMY TOMATO SOUP TERIYAKI CHICKEN OVEN BAKED POTATOES PEAS & CORN CARROT-RAISIN SALAD CORN BREAD W/ MARGARINE CITRUS FRUIT CUP	<b>29</b> SPLIT PEA SOUP SLOPPY JOES MACARONI SALAD BROCCOLI W/ RED PEPPERS LETTUCE, TOMATO, PICKLES, ONION WHOLE GRAIN HAMBURGER BUN W/ MARGARINE LEMON PUDDING	<b>30</b> LENTIL SOUP SWEET & SOUR PORK W/ SAUCE, PINEAPPLE & GREEN PEPPERS STEAMED RICE (½ BROWN, ½ WHITE) NORMANDY VEGETABLES WALDORF SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH BANANA	<b>Administered by</b> <b>YWCA San Gabriel Valley Senior Services</b> <b>and funded in part by the</b> <b>Los Angeles County Area Agency on Aging</b> <b>through the Older Americans Act of 1965</b> <b>as amended.</b>  <b>YWCA San Gabriel Valley Senior Services</b> <b>943 North Grand Avenue</b> <b>Covina, CA 91724</b> <b>Phone: 626-960-2995 Fax: 626-814-0447</b> <b>email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a></b>	

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