

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
1 CREAMY TOMATO SOUP HOT SLICED TURKEY SANDWICH MASHED POTATOES PEAS W/ ONIONS MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	2 YOUR CHOICE NAVY BEAN SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE <u>OR</u> STUFFED BELL PEPPER W/ ITALIAN SAUCE OVEN BROWN POTATOES GREEN BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE CHERRY PIE	3 ALBONDIGAS SOUP STEAK FAJITAS W/ GREEN PEPPERS, ONION & SAUCE PICO DE GALLO SPANISH RICE (BROWN & WHITE) PINTO BEANS GARDEN SALAD W/ CARROTS & TOMATOES FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP	4 SPLIT PEA 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 FRESH BANANA	5 SOUP N' SUB CHICKEN NOODLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. PICKLE SPEAR, LETTUCE, TOMATO & ONION SLICES CARROT-PINEAPPLE SALAD MACARONI SALAD WHOLE GRAIN SOFT ROLL W/ MARGARINE ORANGE SECTIONS
8 CREAMY SQUASH SOUP MEATLOAF W/ BROWN GRAVY SCALLOPED POTATOES PEAS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE APPLE COBBLER	9 BEEF BARLEY VEGETABLE SOUP PORK CHOPS W/ GRAVY FRESH SWEET POTATOES LIMA BEANS TOSSED SALAD W/ RED CABBAGE & GREEN PEPPERS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	10 CREAMY CORN SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO POTATO SALAD THREE BEAN SALAD WALDORF SALAD TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE ORANGE WEDGES	11 YOUR CHOICE TOMATO RICE SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE <u>OR</u> SLOPPY JOES & HAMBURGER BUN ROASTED POTATOES BROCCOLI & CORN ROMAINE SALAD W/ CARROTS & TOMATO CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	12 LENTIL SOUP OVEN FRIED CHICKEN W/ GRAVY MASHED POTATOES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHEAT ROLL W/ MARGARINE CHOCOLATE PUDDING
15 CHICKEN NOODLE SOUP ROAST BEEF W/ GRAVY MASHED POTATOES NORMANDY VEGETABLES LETTUCE & TOMATO SALAD RANCH DRESSING DINNER ROLL W/ MARGARINE FRESH APPLE	16 NAVY BEAN SOUP HAWAIIAN CHICKEN AU GRATIN POTATOES PEAS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL ORANGE SECTIONS	17 ST. PATRICK'S DAY GRAPE JUICE CORNED BEEF BOILED NEW POTATOES CABBAGE GREEN SALAD W/ TOMATO SLICES 1000 ISLAND DRESSING WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE CAKE W/ GREEN ICING	18 SOUP & SALAD ALBONDIGAS SOUP TOSTADA SALAD TEX-MEX RICE (½ BROWN ½ WHITE) SHREDDED BEANS SHREDDED CHEESE LETTUCE, TOMATO CHUNKS, BLACK OLIVES CREAMY FRENCH DRESSING SALSA, SOUR CREAM TORTILLA CHIPS CITRUS FRUIT CUP	19 MINESTRONE SOUP ITALIAN MEATBALLS W/ SPAGHETTI BROCCOLI W/ BABY CORN TOSSED SALAD & RADISHES & TOMATOES ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
22 LENTIL SOUP ROAST PORK LOIN W/ GRAVY FRESH SWEET POTATOES HOT HARVARD BEETS GARDEN SALAD W/ RED CABBAGE & CARROTS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLE SAUCE	23 CREAMY TOMATO SOUP TUNA NOODLE CASSEROLE BAKED WINTER SQUASH CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE AMBROSIA	24 BEEF BARLEY VEGETABLE SOUP TURKEY ALA KING OVER BISCUIT NORMANDY VEGETABLES LEMON GELATIN W/ MANDARINE ORANGES, CELERY & SHREDDED CARROTS BISCUIT W/ MARGARINE CHOCOLATE BROWNIE	25 CREAMY CORN SOUP BRAISED BEEF TIPS W/ GRAVY BUTTERED EGG NOODLES BAKED WINTER SQUASH LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE SLICED CANTALOUPE	26 BROCCOLI CHEESE SOUP TERIYAKI CHICKEN QTR. OVEN BAKED POTATO GREEN BEANS W/ ALMONDS TOSSED SALAD W/ RED CABBAGE & MUSHROOMS ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE
29 NAVY BEAN SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE BROCCOLI & CARROTS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE GINGERED PEARS	30 GREEK LEMON & RICE SOUP OVEN FRIED CHICKEN W/ GRAVY MASHED POTATOES MIXED VEGETABLES LETTUCE SALAD W/ RED CABBAGE & TOMATO SLICES RANCH DRESSING ORANGE SECTIONS	31 ALBONDIGAS SOUP BEEF & CHEESE ENCHILADA CASSEROLE TEX-MEX RICE (BROWN & WHITE) GREEN BEANS CARROT-BROCCOLI SLAW FLOUR TORTILLA W/ MARGARINE CUSTARD	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. 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	

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