



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><i>Administered by YWCA San Gabriel Valley and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.</i></p>	<p>1 New Year's Day</p>  <p>CENTERS CLOSED</p>	<p>2 Happy Birthday</p> <p>NAVY BEAN SOUP WHITE CHICKEN PATTY W/ GRAVY OVEN BAKED POTATOES BROCCOLI & CARROTS TOSSED SALAD W/ RED CABBAGE & MUSHROOMS ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE BIRTHDAY CUPCAKES</p>	<p>3 SOUP N' SUB</p> <p>CHICKEN VEGETABLE BARLEY SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES MACARONI SALAD THREE BEAN SALAD HOAGIE ROLL W/ MARG. ORANGE SECTIONS</p>	<p>4</p> <p>PINEAPPLE JUICE BRAISED BEEF TIPS BUTTERED EGG NOODLES BAKED WINTER SQUASH LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE LEMON PUDDING</p>
	<p>7</p> <p>APPLE JUICE ITALIAN SAUSAGE & GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE FIESTA GREEN BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DR. WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>8</p> <p>VEGETABLE BARLEY SOUP HAWAIIAN CHICKEN LEG & THIGH BABY RED ROASTED POTATOES BROCCOLI W/ CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING DINNER ROLL W/ MARGARINE AMBROSIA</p>	<p>9</p> <p>BERRY JUICE BEEF & CHEESE ENCHILADA CASSEROLE SPANISH RICE W/ 1/2 C WHITE & 1/2 C BROWN ZUCCHINI & TOMATO MEXICALI COLESLAW FLOUR TORTILLA W/ MARGARINE CUSTARD</p>	<p>10</p> <p>BROCCOLI & CHEESE SOUP ROAST PORK W/ GRAVY MASHED POTATOES NORMANDY VEGGIES TOSSED SALAD W/ RED CABBAGE & RADISHES FRENCH DRESSING CORN BREAD W/ MARG. CITRUS FRUIT CUP</p>
<p>14 YOUR CHOICE</p> <p>ORANGE JUICE</p> <p>TERIYAKI CHICKEN LEG & THIGH OR WHITE FISH W/ LEMON SAUCE & TARTAR SAUCE</p> <p>OVEN BROWNED POTATOES CARROT COINS CREAMY COLESLAW CORN BREAD W/ MARG. RED GELATIN W/ MANDARIN ORANGES</p>	<p>15</p> <p>CHICKEN NOODLE SOUP SLOPPY JOES MACARONI & CHEESE BROCCOLI W/ RED PEPPERS LETTUCE & TOMATO SALAD W/ RANCH DR. WHOLE GRAIN WHEAT HAMBURGER BUN W/ MARGARINE FRESH BANANA</p>	<p>16</p> <p>GRAPE JUICE PORK CHOP W/ GRAVY SWEET POTATO GREEN PEAS TOSSED SALAD W/ MUSHROOMS CREAMY ITALIAN DR. WHOLE GRAIN ROLL W/ MARGARINE CINNAMON APPLESAUCE</p>	<p>17</p> <p>LENTIL SOUP BEEF STEW BOILED POTATOES STEW VEGETABLES PINEAPPLE COLESLAW DINNER ROLL W/ MARGARINE PEACH COBBLER W/ OATMEAL CRUMB TOPPING</p>	<p>18</p> <p>MINISTRONE SOUP W/ 1/2 C VEGETABLES BEEF & CHEESE LASAGNA CORN & GREEN BEANS LETTUCE SALAD W/ 1/4 C ORANGE CHUNKS FRENCH DRESSING FRENCH BREAD W/ MARGARINE TAPIOCA PUDDING</p>
<p>21</p> <p>MARTIN LUTHER KING JR. DAY</p>  <p>CENTERS CLOSED</p>	<p>22</p> <p>NAVY BEAN SOUP ROAST TURKEY W/ GRAVY CRANBERRY SAUCE MASHED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE CHERRY PIE</p>	<p>23</p> <p>POTATO & ONION SOUP TUNA SALAD SANDWICH W/ LETTUCE & TOMATO MAYO & MUSTARD PKTS. MACARONI SALAD THREE BEAN SALAD CARROT-RAISIN SALAD 2 SLICES WHEAT BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>24</p> <p>ALBONDIGAS SOUP STEAK PICADA TEX-MEX RICE PINTO BEANS BROCCOLI SLAW FLOUR TORTILLA W/ MARGARINE GINGERED PEARS</p>	<p>25</p> <p>ORANGE JUICE BARBECUE PORK RIBBLET SANDWICH HOT GERMAN POTATO SALAD PEAS & CORN CREAMY COLESLAW WHOLE WHEAT HAMBURGER BUN W/ MARGARINE BUTTERSCOTCH PUDDING</p>
<p>28</p> <p>NAVY BEAN SOUP SALISBURY STEAK W/ GRAVY MASHED POTATOES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>29</p> <p>ALBONDIGAS SOUP TOSTADA SALAD TEX-MEX RICE (1/2 WHITE, 1/2 BROWN) REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO CHUNKS, BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM, TORTILLA CHIPS CITRUS FRUIT CUP</p>	<p>30</p> <p>APPLE JUICE STUFFED BELL PEPPER SCALLOPPED POTATOES CARROT COINS TOSSED SALAD W/ RED CABBAGE & TOMATOES FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS</p>	<p>31 YOUR CHOICE</p> <p>SPLIT PEA SOUP</p> <p>OVEN FRIED CHICKEN OR FISH VERA CRUZ W/ TARTAR SAUCE</p> <p>POTATOES AU GRATIN NORMANDYVEGETABLES GARDEN SALAD W/ TOMATO CHUNKS ITALIAN DRESSING WHEAT BREAD W/ MARGARINE CHOCOLATE BROWNIE</p>	<p>YWCA Senior Services Administrative offices at 915 North Grand Avenue Covina, CA 91724 Phone: 626-858-8382 Fax: 626-858-8485</p> <p>email: intervale@ywcasgv.org</p> <p>www.ywcasgv.org</p>

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