



## 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> <b>HAPPY NEW YEAR!</b></p>  <p><b>CENTER CLOSED</b></p>
<p><b>4</b> MINISTRONE SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS &amp; ITALIAN SAUCE SPAGHETTI IN MARINARA SAUCE GREEN BEANS &amp; CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>5</b> POTATO &amp; ONION SOUP HAWAIIAN CHICKEN AU GRATIN POTATOES BUTTER BEANS &amp; CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA</p>	<p><b>6</b> APPLE JUICE STEAK PICADA PICO DE GALLO SPANISH RICE (½ BROWN, ½ WHITE) PINTO BEANS GARDEN SALAD W/ RED CABBAGE &amp; CARROTS FRENCH DRESSING FLOUR TORTILLA W/ MARGARINE CUSTARD</p>	<p><b>7</b> SPLIT PEA SOUP PORK CHOPS W/ GRAVY BAKED WINTER SQUASH NORMANDY VEGETABLES CAESAR SALAD W/ DRESSING WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE BROWNIE</p>	<p><b>8</b> NAVY BEAN SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO &amp; MAYO POTATO SALAD THREE BEAN SALAD WALDORF SALAD TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE ORANGE WEDGES</p>
<p><b>11</b> LENTIL SOUP OVEN FRIED CHICKEN W/ GRAVY MASHED POTATOES LIMA BEANS &amp; CORN CARROT-BROCCOLI SLAW CORN BREAD W/ MARGARINE RED GELATIN W/ PEARS</p>	<p><b>12 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 ORANGE SECTIONS</p>	<p><b>13 YOUR CHOICE</b> GRAPE JUICE SWEET &amp; SOUR PORK W/ SAUCE, PINEAPPLE &amp; GREEN PEPPERS <u>OR</u> SALMON W/ MUSTARD DILL SAUCE, &amp; TARTAR SAUCE STEAMED RICE (½ BROWN, ½ WHITE) MIXED VEGETABLES GREEK SALAD W/ DRESSING &amp; FETA CHEESE WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE</p>	<p><b>14</b> VEGETABLE SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO &amp; ONION SLICES KETCHUP, MUSTARD &amp; RELISH PACKETS SCALLOPED POTATOES BROCCOLI &amp; CORN CREAMY COLESLAW (½ C) HAMBURGER BUN W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING</p>	<p><b>15</b> MINISTRONE SOUP BEEF &amp; CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE SALAD W/ ¼ cup ORANGE CHUNKS WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>
<p><b>18</b> <b>MARTIN LUTHER KING JR. DAY</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>19</b> NAVY BEAN SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS &amp; CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>20</b> BROCCOLI CHEESE SOUP SHABIR'S BBQ PULLED PORK SANDWICH W/ PICKLE, TOMATO &amp; ONION SLICES ROASTED POTATOES BUTTER BEANS CARROT-BROCCOLI SLAW HAMBURGER BUN W/ MARGARINE CHOCOLATE PUDDING</p>	<p><b>21 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 ORANGE SECTIONS</p>	<p><b>22</b> GRAPE JUICE TERIYAKI CHICKEN AU GRATIN POTATOES GREEN PEAS &amp; CARROTS TOSSED SALAD W/ TOMATO SLICES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS</p>
<p><b>25</b> CREAMY TOMATO SOUP MEATLOAF W/ BROWN GRAVY MASHED POTATOES LIMA BEANS &amp; CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING</p>	<p><b>26 SOUP &amp; SALAD</b> CHICKEN NOODLE SOUP CHEFS SALAD (IN A BOWL) W/ HAM, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS &amp; SALAD VEGETABLES, 1000 ISLAND DRESSING POTATO SALAD CARROT-RAISIN SALAD WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS</p>	<p><b>27</b> MINISTRONE SOUP STUFFED BELL PEPPER SCALLOPED POTATOES NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS &amp; DRESSING WHOLE GRAIN ROLL W/ MARGARINE LEMON PUDDING</p>	<p><b>28 YOUR CHOICE</b> BEEF BARLEY VEGETABLE SOUP ROAST BEEF W/ GRAVY <u>OR</u> SALMON W/ MUSTARD DILL SAUCE &amp; TARTAR SAUCE BABY RED ROASTED POTATOES GREEN BEANS &amp; CARROTS WALDORF SALAD WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>29</b> ORANGE JUICE PORK ROAST W/ GRAVY FRESH SWEET POTATOES CREAMED SPINACH WALDORF SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>

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