

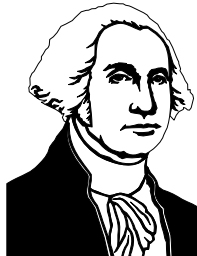


YWCA San Gabriel Valley - Senior Café Menu

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 |
|--|---|---|---|---|
|  YWCA Intervale Senior Services |  | 1 CHICKEN NOODLE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH BUTTER BEANS LETTUCE & TOMATO SALAD ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP | 2 YOUR CHOICE CREAMY SQUASH SOUP FISH VERA CRUZ, LEMON SLICE & TARTAR SAUCE OR TERIYAKI PORK W/ SAUCE BROWN & WHITE RICE CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE SPONGE CAKE W/ LEMON ICING | 3 BEEF BARLEY VEGETABLE SOUP TURKEY ALA KING OVER BISCUIT CRANBERRY SAUCE GARNISH MASHED POTATOES GREEN BEANS W/ ALMONDS MARINATED BEET & ONION SALAD BISCUIT W/ MARGARINE SLICED CANTALOUPE |
| | | 6 BROCCOLI CHEESE SOUP ROAST BEEF W/ GRAVY PARSLEY POTATOES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS | 7 CREAMY CORN SOUP ALL BEEF KNOCKWURST CHEESY MACARONI GREEN PEAS & CORN CARROT-BROCCOLI SALAD WHOLE GRAIN HOT DOG BUN W/ MARGARINE AMBROSIA | 8 POTATO & ONION SOUP OVEN FRIED CHICKEN W/ GRAVY WHITE & BROWN RICE PILAF NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN ROLL W/ MARGARINE APPLE PIE |
| 13 CREAMY TOMATO SOUP SWEET & SOUR PORK W/ PINEAPPLE CHUNKS & GREEN PEPPER STRIPS RICE PILAF (BROWN/WHITE) MIXED CHINESE VEGGIES CREAMY COLESLAW (3/4 C) WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE | 14 VALENTINE'S DAY CHICKEN NOODLE SOUP BEEF BURGUNDY W/ SAUCE MASHED POTATOES BROCCOLI & CORN SPINACH SALAD W/ RED GRAPES & BALSAMIC VINEGAR DRESSING WHOLE GRAIN ROLL W/ MARGARINE STRAWBERRY ICE CREAM | 15 CREAMY SQUASH SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO CHEESY MACARONI BBQ BAKED BEANS CARROT-BROCCOLI SLAW TWO SLICES WHOLE GRAIN BREAD W/ MARG. PEACH COBBLER W/ OATMEAL TOPPING | 16 BROCCOLI CHEESE SOUP HERB CHICKEN W/ GRAVY AU GRATIN POTATES MIXED VEGETABLES LETTUCE SALAD W/ MANDARIN ORANGES FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS | 17 SPLIT PEA SOUP SALISBURY STEAK W/ BROWN GRAVY MASHED POTATOES NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA |
| 20 PRESIDENT'S DAY  CENTERS CLOSED | 21 VEGETABLE SOUP HAWAIIAN CHICKEN W/ SAUCE BABY RED ROASTED POTATOES BROCCOLI & CARROTS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA | 22 YOUR CHOICE POTATO & ONION SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY RICE PILAF (BROWN/WHITE) GREEN BEANS & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP | 23 BROCCOLI & CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES BUTTER BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE STRAWBERRY GELATIN W/ FRUIT COCKTAIL | 24 SOUP & SALAD SPLIT PEA SOUP CHEFS SALAD W/ HAM, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS & SALAD VEGETABLES 1000 ISLAND DRESSING WHOLE GRAIN ROLL W/ MARGARINE POTATO SALAD ORANGE SECTIONS CHOCOLATE BROWNIE (TRANS FAT FREE) |
| 27 CREAMY TOMATO SOUP PORK CHOP W/ GRAVY FRESH SWEET POTATOES GREEN PEAS TOSSED SALAD W/ RADISHES & CARROTS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE BUTTERSCOTCH PUDDING | 28 LENTIL SOUP SLOPPY JOES W/ PICKLE, TOMATO & ONION SLICES CHEESY MACARONI LIMA BEANS & CARROTS WALDORF SALAD WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS | 29 CREAMY SQUASH SOUP ROSEMARY CHICKEN W/ GRAVY MASHED POTATOES BROCCOLI & CORN MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING | Administered by <u>YWCA San Gabriel Valley - Intervale Senior Services</u> 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 Intervale Senior Services 943 North Grand Avenue, Covina, CA 91724 Phone: 626-960-2995 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasgv twitter.com/YWCA_SGV | |

SUBJECT TO CHANGE WITHOUT NOTICE *** SUGGESTED DONATION \$2.00 *** 1% LOW FAT MILK INCLUDED