

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
2 SPLIT PEA SOUP CITRUS ROASTED CHICKEN LEG & THIGH TEX-MEX RICE (½ BROWN ½ WHITE) CORN & LIMA BEANS BROCCOLI SLAW FRENCH BREAD W/ MARG OATMEAL RAISIN COOKIES	3 ORANGE JUICE BARBECUE BEEF SLICES BAKED BEANS MACARONI & CHEESE CARROT-RAISIN SALAD SOFT ROLL W/ MARG. WATERMELON SLICE	4 STUFFED BELL PEPPER AU GRATIN POTATOES MIXED VEGETABLES TOSSED SALAD W/ TOMATO CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	5 YOUR CHOICE BROCCOLI CHEESE SOUP ROAST PORK W/ GRAVY OR FISH VERA CRUZ W/ TARTAR PKT. ROASTED POTATOES NORMANDY VEGGIES MARINATED TOMATO, GREEN PEPPER & ONION SALAD DINNER ROLL W/ MARG. CHOCOLATE PUDDING	6 SOUP & SALAD VEGETABLE SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS
9 MINISTRONE SOUP SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA BROCCOLI W/ BABY CORN TOSSED SALAD W/ RADISHES RANCH DRESSING DINNER ROLL W/ MARG. GINGERED PEARS	10 VEGETABLE SOUP TERIYAKI CHICKEN HONEY GLAZED SWEET POTATOES GREEN BEANS W/ ALMONDS PICKLED BEETS WHOLE GRAIN ROLL W/ MARGARINE COCONUT PUDDING	11 WESTERN DAY POTATO & ONION SOUP ALL BEEF HOT DOG W/ KETCHUP, MUSTARD & RELISH PACKETS BBQ BAKED BEANS CARROT-RAISIN SALAD BROCCOLI SLAW WHEAT HOT DOG BUN W/ MARGARINE AMBROSIA	12 SOUP & SALAD 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	13 FATHER'S DAY MENU APPLE JUICE ROAST BEEF W/ GRAVY MASHED POTATOES GREEN PEAS & CARROTS TOSSED SALAD W/ RED CABBAGE & MUSHROOMS 1000 ISLAND DRESSING WHOLE GRAIN ROLL W/ MARGARINE APPLE PIE
16 CHICKEN VEGETABLE BARLEY SOUP SALISBURY STEAK W/ BROWN GRAVY ROASTED POTATOES PEAS & CORN GARDEN SALAD W/ SHREDDED RED CABBAGE & CARROTS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW	17 NAVY BEAN SOUP TURKEY ALA KING W/ GRAVY MASHED POTATOES NORMANDY VEGETABLES LEMON GELATIN W/ MANDARIN ORANGES, CELERY & SHREDDED CARROTS BISCUIT W/ MARGARINE PEACH COBBLER W/ OATMEAL CRUMB TOPPING	18 SOUP N' SUB BROCCOLI CHEESE 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	19 YOUR CHOICE PINEAPPLE JUICE BRAISED BEEF TIPS OR BAKED FISH IN DILL SAUCE W/ TARTAR PKT. BUTTERED EGG NOODLES BAKED WINTER SQUASH LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE BROWNIE	20 BERRY JUICE CHICKEN CACCIATORE OVEN BAKED POTATO GREEN BEANS & CARROTS TOSSED SALAD W/ RED CABBAGE & MUSHROOMS ITALIAN DRESSING FRENCH BREAD W/ MARGARINE LEMON PUDDING
23 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 BANANA	24 SOUP & SALAD ALBONDIGAS SOUP SANTA FE CHICKEN SALAD W/ CHICKEN STRIPS, EGG GARNISH, CHEESE BLACK BEANS & WHOLE KERNEL CORN CARROT-PINEAPPLE SALAD LETTUCE W/ TOMATO CHUNKS, BLACK OLIVES, GREEN PEPPER RINGS, CILANTRO RANCH DRESSING CORN TORTILLA W/ MARG. ORANGE SECTIONS	25 GRAPE JUICE BEEF STEW BOILED POTATOES STEW VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN ROLL W/ MARGARINE RED GELATIN W/ MANDARIN ORANGES	26 VEGETABLE SOUP ROAST PORK W/ GRAVY MASHED POTATOES CREAMY SPINACH GARDEN SALAD W/ SHREDDED RED CABBAGE & RADISHES FRENCH DRESSING CORN BREAD W/ MARG. CITRUS FRUIT CUP	27 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 SLICED CANTALOUPE
30 NAVY BEAN SOUP BARBECUE PORK RIBBLETS SCALLOPPED POTATOES PEAS & CARROTS BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE WATERMELON SLICE	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. Administrative offices at 943 North Grand Avenue Covina, CA 91724-2046 Phone: 626-960-2995 Fax: 626-814-0447 email: intervale@ywcasgv.org www.ywcasgv.org			

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