

## YWCA Senior Café - Live Oak Park Community Center

10144 BOGUE STREET, TEMPLE CITY RESERVATIONS: 626-579-0461

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2 EASTER MONDAY</b> Orange Juice* Bbq Pork Riblet Sandwich Creamed Spinach** Baked Winter Squash** Lettuce Salad W/Radishes, Cucumber & Ranch Dressing Whole Grain Hamburger Bun Chocolate Cake W/ Frosting <hr/> <i>Mixed Vegetable Soup</i> <i>Soy Sauce Pork w/ Egg</i> <i>Plain Noodles</i> <i>Sauteed Mustard Greens w/</i> <i>Ginger</i> <i>Cucumber Salad</i> <i>Pineapple Chunks</i>	<b>3</b> Hawaiian Chicken Leg & Thigh Rice Pilaf Green Peas Creamy Coleslaw* Whole Grain Bread Peaches <hr/> <i>Hot &amp; Sour Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>White Rice</i> <i>Vermicelli w/ Carrots</i> <i>Steamed Cauliflower w/Carrot</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i>	<b>4</b> Chipotle Roast Pork Fresh Sweet Potatoes*** Corn Nibbles Apple Salad Flour Tortilla Gingered Pears <hr/> <i>Creamy Corn Soup</i> <i>2 Pig's Feet &amp; Soy Sauce Egg</i> <i>White &amp; Brown Rice</i> <i>Seasoned Tofu w/ mushrooms</i> <i>Stir-Fried Green Chinese</i> <i>Cabbage</i> <i>Fresh Orange</i>	<b>5</b> Creamy Squash Soup Ls Sliced Turkey In Ls Gravy Cornbread Stuffing Hot Beets W/ Onions Carrot-Broccoli Slaw*** Fresh Banana <hr/> <i>Seaweed Egg Soup</i> <i>Smoked Chicken</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Stir-Fried Chinese Squash w/</i> <i>garlic</i> <i>Fresh Apple</i>	<b>6</b> Navy Bean Soup Swedish Meatballs Spiral Pasta Green Beans Lettuce W/ Tomato Salad Italian Dressing Whole Grain Bread Cantaloupe* <hr/> <i>Potato &amp; Carrot Soup</i> <i>BBQ Pork w/ Tofu</i> <i>White &amp; Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Peas &amp; Red Peppers</i> <i>Sliced Peaches or Seasonal</i> <i>Fruit</i>	
<b>9</b> Creamy Tomato Soup Ls Turkey Pieces In Ls Gravy Parsley Potatoes Carrot Coins** Creamy Coleslaw* Whole Grain Bread Apple Cobbler W/ Oatmeal Topping (1/2 C Fruit) <hr/> <i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White Rice</i> <i>Stir-Fried Red Carrots &amp; Corn</i> <i>Sauteed Chinese Cabbage w/</i> <i>Ginger</i> <i>Fresh Banana</i>	<b>10</b> Orange Juice* Beef Fajitas W/ Pico De Gallo Baked Winter Squash** Ls Pinto Beans Tossed Salad W/ Radishes Ranch Dressing Flour Tortilla Fresh Banana <hr/> <i>Soybean Soup</i> <i>Baked Pork Rib</i> <i>White &amp; Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir-Fried Chinese Vegetables</i> <i>Sliced Pears</i>	<b>11</b> Chicken Chop Suey Brown & White Rice Garlic Baby Bok Choy** Chinese Cabbage Salad Oriental Dressing Sliced Cantaloupe* <hr/> <i>Dry Bok Choy Soup</i> <i>Diced Chicken &amp; Plain</i> <i>Noodles</i> <i>Stir-Fried Tomato w/ Egg &amp;</i> <i>Onions</i> <i>Asian Cucumber</i> <i>Sliced Cantaloupe</i>	<b>12</b> Minestrone Soup Meatloaf W/ Ls Brown Gravy Mashed Potatoes (Vit C) Green Peas Ls Three Bean Salad Whole Grain Bread Fresh Orange Sections* <hr/> <i>Corn Soup</i> <i>Sliced Pork w/ Cabbage</i> <i>&amp; Barbecue Tofu</i> <i>White &amp; Brown Rice</i> <i>Steamed Yu Choy</i> <i>Pumpkin w/ Garlic Sauce</i> <i>Fresh Orange</i>	<b>13</b> Rosemary Chicken Rice Pilaf (White & Brown) Fresh Sweet Potatoes*** Marinated Beet & Onion Salad Whole Grain Bread Sliced Pears <hr/> <i>Wintermelon Soup</i> <i>Longli Fish w/ Miso Sauce</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Steamed Broccoli &amp;</i> <i>Cauliflower</i> <i>Pineapple Chunks</i>	
<b>16</b> Pork Carnitas In Ls Sauce Baked Winter Squash** Ls Refried Beans Spinach Salad W/ Mushrooms** 1000 Island Dressing Flour Tortilla Sliced Honeydew* <hr/> <i>Spinach Soup</i> <i>Steamed Pork w/ Egg</i> <i>White Rice</i> <i>Stir-Fried Pumpkin w/ Garlic</i> <i>Sauce</i> <i>Steamed Corn &amp; Peas</i> <i>Honeydew or Cantaloupe</i>	<b>17</b> Salmon In Mustard- Dill Sauce Fresh Sweet Potatoes*** Green Peas Garden Salad W/Red Cabbage French Dressing Whole Grain Bread Fresh Apple <hr/> <i>Miso w/ Tofu Soup</i> <i>BBQ Chicken Leg &amp; Thigh</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bean Sprouts</i> <i>w/ Sliced Carrots</i> <i>Stir Fried Yu Choy</i> <i>Fresh Orange</i>	<b>18</b> Albondigas Soup Steak Picado In Ls Sauce Roasted Potatoes Green Beans Carrot-Raisin Salad** Flour Tortilla Citrus Fruit Salad* <hr/> <i>Creamy Corn Soup</i> <i>Mackerel</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Cauliflower &amp;</i> <i>Cabbage</i> <i>Lettuce w/ Oyster Sauce</i> <i>Sliced Peaches</i>	<b>19</b> Split Pea Soup Hawaiian Chicken Brown & White Rice Creamed Spinach** Creamy Coleslaw* Whole Grain Bread Fresh Banana <hr/> <i>Tomato &amp; Egg Soup</i> <i>Curry Chicken</i> <i>White Rice</i> <i>Bean Thread Vermicelli w/</i> <i>Garlic &amp; Cucumber</i> <i>Steamed Carrots &amp; Bok Choy</i> <i>Pineapple Chunks</i>	<b>20</b> Sliced Roast Pork W/ Ls Gravy Mashed Potatoes (Vit C)* Steamed Broccoli * Pineapple Chunks* Whole Grain Bread Custard <hr/> <i>Hot &amp; Sour Soup</i> <i>Soy Sauce Pork Ribs</i> <i>White &amp; Brown Rice</i> <i>Sauteed Mustard Greens w/</i> <i>Ginger</i> <i>Stir-Fried Chinese Vegetables</i> <i>Sliced Pears</i>	
<b>23</b> Beef Tips W/ Mushrooms In Ls Gravy Rice Pilaf Mixed Vegetables** Creamy Coleslaw* Whole Grain Bread Gingered Pears <hr/> <i>Pumpkin Soup</i> <i>BBQ Chicken Leg &amp; Thigh</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bean Sprouts</i> <i>w/ Dry Bean Cube</i> <i>Stir-Fried Cauliflower &amp; Carrot</i> <i>Fresh Banana</i>	<b>24</b> Sweet Corn Soup Chicken Chow Mein Garlic Baby Bok Choy*** Spinach Salad W/ Mushrooms** 1000 Island Dressing Peaches <hr/> <i>Soybean Soup</i> <i>Longli Fish w/ Black Bean</i> <i>Sauce</i> <i>White Rice</i> <i>Stir Fried Napa Cabbage</i> <i>Corn &amp; Broccoli</i> <i>Fresh Apple</i>	<b>25</b> Beef Barley Vegetable Soup Salmon In Pesto Fresh Sweet Potatoes*** Corn Marinated Tomato, Onion, & Green Pepper Salad Whole Grain Bread Fresh Banana <hr/> <i>Spinach Soup</i> <i>Steamed Pork w/ Egg</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Pumpkin w/ Garlic</i> <i>Steamed Mixed Vegetables</i> <i>Sliced Honeydew or</i> <i>Cantaloupe</i>	<b>26 WESTERN</b> <b>DAY</b> Orange Juice* All Beef Hot Dog Roasted Potatoes Baked Beans Carrot-Pineapple Salad** Whole Grain Hot Dog Bun Fresh Apple <hr/> <i>Miso Soup</i> <i>Tilapia</i> <i>White Rice</i> <i>Stir-Fried Celery &amp; Cauliflower</i> <i>Sauteed Mustard Greens w/</i> <i>Ginger</i> <i>Sliced Pears</i>	<b>27</b> Chicken Fajitas Tex-Mex Brown & White Rice Ls Black Beans Lettuce Salad W/ Radish & Cucumbers Ranch Dressing Flour Tortilla Citrus Fruit Cup* <hr/> <i>Egg Flower Soup</i> <i>Smoked Chicken</i> <i>White &amp; Brown Rice</i> <i>Bok Choy w/ Garlic</i> <i>Seaweed Salad</i> <i>Fresh Orange</i>	
<b>30</b> Orange Juice* Pork Lo Mein Baked Winter Squash** Tossed Salad W/ Mushrooms French Dressing Cinnamon Applesauce <hr/> <i>Mushroom &amp; Melon Soup</i> <i>Baked Pork Rib</i> <i>White &amp; Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir-Fried Chinese Cabbage w/</i> <i>Garlic Sauce</i> <i>Pineapple Chunks</i>					Administered by <u>YWCA San Gabriel Valley &amp; the Inland Communities</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 & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447  email: <a href="mailto:seniorservicesg@ywcasgv.org">seniorservicesg@ywcasgv.org</a> <a href="https://www.facebook.com/ywcasg">facebook.com/ywcasg</a>

**HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS**