




YWCA Senior Café - Live Oak Park Community Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	1 Lentil Soup Hamburger w/ Lettuce, Tomato, & Onion Mustard, Ketchup, Mayo, Relish Roasted Potatoes Carrot Coins** Whole Grain Hamburger Bun Sliced Cantaloupe* <hr/> Bok Choy Soup Kung Pao Chicken White Rice Carrots w/ Seaweed Steamed Yu Choy Sliced Honeydew or Cantaloupe	2 Sliced Roast Turkey In Ls Gravy & Cranberry Garnish Rice Pilaf (Brown & White) Green Peas Apple Salad Whole Grain Bread w/ Margarine Fresh Orange Sections* <hr/> Tomato & Egg Soup Tilapia White & Brown Rice Sautéed American Cabbage w/ Ginger Sautéed Green Beans Fresh Banana	3 Rosemary Chicken Leg & Thigh In Ls Sauce Carrots & Broccoli*** Fresh Sweet Potatoes*** Gingered Pears Whole Grain Bread w/ Margarine Fresh Banana <hr/> Wintermelon Soup Chicken Leg Quarter w/ Black Pepper Sauce White & Brown Rice Stir Fried Chinese Squash Bok Choy w/ Garlic Fresh Orange	4 CINCO DE MAYO FIESTA Orange Juice Pork Carnitas w/ Salsa Spanish Rice (white) LS Pinto Beans Spinach Salad w/ Mushrooms** Creamy Italian Dressing Flour Tortilla w/ Margarine Fresh Apple* <hr/> Soybean Soup Pork Vegetable Chow Mein Noodles (in entrée) Broccoli w/ Red Pepper Cucumber Salad Sliced Pears
	7 Chicken Cacciatore Spaghetti In Ls Tomato Sauce Green Peas Carrot-Broccoli Slaw*** Citrus Fruit Cup* <hr/> Chicken Corn Soup Mackerel White & Brown Rice Stir-Fried Celery & Cauliflower Seaweed Salad Fresh Orange	8 Sliced Roast Pork In Ls Gravy Fresh Sweet Potatoes*** Green Beans & Corn Apple Salad Whole Grain Bread w/ Margarine Custard <hr/> Miso Soup Steamed Pork w/ Egg White Rice Stir Fry Bok Choy Broccoli w/ Mushrooms Sliced Peaches or Seasonal Fruit (no Banana, Melon or Orange)	9 Orange Juice* Oven Fried Chicken In Ls Gravy Cornbread Stuffing Carrots** Lettuce w/ Radish & Cucumber Salad Ranch Dressing Whole Grain Bread w/ Margarine Sliced Honeydew* <hr/> Cabbage Soup Chicken w/ Cashews White & Brown Rice Stir-Fried Pumpkin Mustard Greens w/ Ginger Pineapple Chunks	10 Minestrone Soup & Crackers Stuffed Bell Pepper Spanish Rice (Brown & White) Creamed Spinach** Strawberry Gelatin w/ Pineapple Orange Sections* <hr/> Soybean Soup BBQ Pork w/ Rice Noodles Stir-Fried Cauliflower & Carrots Stir-Fried Chinese Melon w/ Garlic Fresh Banana
14 Orange Juice* Bbq Pork Riblet Sandwich Creamed Spinach** Baked Winter Squash** Lettuce, Radish & Cucumber Salad Ranch Dressing Whole Grain Hamburger Bun Custard <hr/> Mixed Vegetable Soup Soy Sauce Pork w/ Egg White & Brown Rice Sautéed Mustard Greens w/ Ginger Cucumber Salad Pineapple Chunks	15 Hawaiian Chicken In Ls Sauce Rice Pilaf (Brown & White) Green Peas Creamy Coleslaw* Whole Grain Bread w/ Margarine Peaches <hr/> Hot & Sour Soup Tilapia w/ Black Bean Sauce White Rice Vermicelli w/ Carrots Steamed Cauliflower w/ Carrots Sautéed Green Beans Fresh Banana	16 Fish Vera Cruz w/ Tartar Sauce & Lemon Slice Fresh Sweet Potatoes*** Corn Niblets Apple Salad Flour Tortilla w/ Margarine Gingered Pears <hr/> Creamy Corn Soup 2 Pig's Feet & Soy Sauce Egg w/ Carrots White & Brown Rice Seasoned Tofu w/ mushrooms Stir-Fried Green Chinese Cabbage Fresh Orange	17 Creamy Squash Soup & Crackers Ls Sliced Turkey In Ls Gravy Cornbread Stuffing Hot Beets w/ Onions Carrot-Broccoli Slaw*** Fresh Banana <hr/> Seaweed Egg Soup Smoked Chicken White & Brown Rice Stir-Fried Bok Choy Stir-Fried Chinese Squash w/ garlic Fresh Apple	18 Navy Bean Soup & Crackers Swedish Meatballs Spiral Pasta Green Beans Lettuce w/ Tomato Salad Italian Dressing Whole Grain Bread w/ Margarine Sliced Cantaloupe* <hr/> Potato & Carrot Soup BBQ Pork w/ Tofu White & Brown Rice Sautéed Mustard Greens w/ Ginger Peas & Red Peppers Sliced Peaches or Seasonal Fruit
21 Creamy Tomato Soup & Crackers Ls Turkey Pieces In Ls Gravy Parsley Potatoes Carrot Coins** Creamy Coleslaw* Whole Grain Bread w/ Margarine Apple Cobbler w/ Oatmeal Topping (1/2 C Fruit) <hr/> Pumpkin Soup Curry Chicken White Rice Stir-Fried Red Carrots & Corn Sautéed Chinese Cabbage w/ Ginger Fresh Banana	22 Orange Juice* Beef Fajitas w/ Pico De Gallo Baked Winter Squash** Ls Pinto Beans Tossed Salad w/ Radish Ranch Dressing Flour Tortilla w/ Margarine Fresh Banana <hr/> Soybean Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Mushrooms Sliced Pears	23 Chicken Chop Suey Brown & White Rice Garlic Baby Bok Choy*** Chinese Cabbage Salad Oriental Dressing Sliced Honeydew* <hr/> Dry Bok Choy Soup Diced Chicken & Plain Noodles Stir-Fried Tomato w/ Egg & Onions Asian Cucumber Sliced Cantaloupe	24 MEMORIAL DAY PICNIC Minestrone Soup & Crackers Barbeque Beef Slices Roasted Potatoes Ls Baked Beans Ls Three Bean Salad Whole Grain Bread w/ Margarine Fresh Orange Sections* <hr/> Corn Soup Sliced Pork w/ Cabbage & Barbecue Tofu White & Brown Rice Steamed Yu Choy Stir Fried Pumpkin w/ Garlic Sauce Fresh Orange	25 Rosemary Chicken Leg & Thigh Rice Pilaf (Brown & White) Fresh Sweet Potatoes*** Marinated Beet & Onion Salad Whole Grain Bread w/ Margarine Sliced Pears <hr/> Wintermelon Soup Longli Fish w/ Miso Sauce White & Brown Rice Stir-Fried Bok Choy Steamed Broccoli & Cauliflower Pineapple Chunks
28 	29 Salmon In Lemon-Dill Sauce W/ Lemon Slice & Tartar Sauce Fresh Sweet Potatoes*** Green Peas Garden Salad w/ Red Cabbage French Dressing Whole Grain Bread W/ Margarine Fresh Apple <hr/> Miso w/ Tofu Soup Bbq Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Sliced Carrots Stir Fried Yu Choy Fresh Orange	30 Albondigas Soup & Crackers Beef Fajitas Roasted Potatoes Green Beans Carrot-Raisin Salad** Flour Tortilla w/Margarine Citrus Fruit Salad* <hr/> Creamy Corn Soup Mackerel White & Brown Rice Stir-Fried Cauliflower & Cabbage Lettuce w/ Oyster Sauce Sliced Peaches	31 Split Pea Soup & Crackers Hawaiian Chicken Leg & Thigh In Ls Sauce Brown & White Rice Creamed Spinach** Creamy Coleslaw* Whole Grain Bread w/ Margarine Fresh Banana <hr/> Tomato & Egg Soup Curry Chicken White Rice Bean Thread Vermicelli w/ Garlic & Cucumber Steamed Carrots & Bok Choy Pineapple Chunks	Administered by YWCA San Gabriel Valley & the Inland Communities 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: seniorservicesq@ywcasgv.org facebook.com/ywcasg

SUBJECT TO CHANGE WITHOUT NOTICE *** SUGGESTED DONATION \$3.00 *** 1% LOW FAT MILK INCLUDED
HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS