

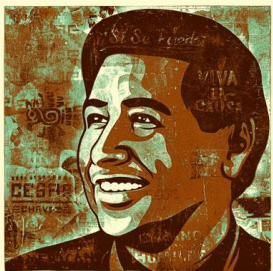


YWCA Senior Café - Live Oak Park Community Center 10144 BOGUE STREET, TEMPLE CITY RESERVATIONS: 626-579-0461

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Administered by YWCA San Gabriel Valley 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 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447 email: info@ywcasgv.org www.facebook.com/ywcasgv www.instagram/ywcasgv				
				1 Ls Spaghetti & Meatballs Steamed Broccoli* Tossed Salad W/ Radish & Cucumber French Dressing Whole Grain Bread Gingered Pears <hr/> Miso Soup Chicken Leg Quarter w/ Black Pepper Sauce Brown & White Rice Seasoned Tofu w/ Mushrooms Pumpkin w/ Garlic Sauce Fresh Orange
4 Ls Vegetable Soup Ls Turkey & Jack Cheese Sandwich Lettuce & Tomato Slices Potato Salad Marinated Beet & Onion Salad Whole Grain Hoagie Roll Fresh Orange Sections*	5 Sliced Roast Pork W/ Apples Parsley Noodles Green Beans Carrot-Broccoli Slaw*** Whole Grain Bread Sliced Peaches	6 Orange Juice* Salmon In Pesto Sauce Fresh Sweet Potato*** Green Peas Garden Salad Whole Grain Bread Sliced Pears	7 Chinese Vegetable Soup Pork Lo Mein W/ Noodles Garlic Baby Bok Choy*** Strawberry Gelatin W/ Peaches Whole Grain Bread Fresh Banana*	8 Tuna Salad Sandwich Lettuce & Tomato Slice Carrot- Raisin Salad** Ls Marinated Bean & Tomato Salad (=) Whole Grain Bread (2 Sl) Sliced Honeydew*
<i>Spinach Soup</i> <i>Two Pigs Feet & Soy Sauce Egg Brown & White Rice</i> <i>Mustard Greens w/ Ginger Seaweed Salad</i> <i>Sliced Peaches in Juice</i>	<i>Mushroom & Melon Soup</i> <i>Tilapia w/ Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i>	<i>Tomato & Egg Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Pumpkin w/ Garlic Sauce</i> <i>Steamed Corn & Peas</i> <i>Fresh Orange</i>	<i>Hot & Sour Soup</i> <i>Curry Chicken w/ White & Brown Rice</i> <i>American Cabbage w/ Ginger</i> <i>Chinese Squash w/ Garlic</i> <i>Fresh Apple</i>	<i>Creamy Corn Soup</i> <i>Sliced Pork w/ Cabbage & Barbeque Tofu</i> <i>American & White Rice</i> <i>Steamed Yu Choy</i> <i>Carrots w/ Seaweed</i> <i>Sliced Cantaloupe</i>
11 Ls Mandarin Beef Brown & White Rice Steamed Broccoli*** Chinese Cabbage Salad W/ Asian Dressing Gingered Pears	12 Ls Creamy Tomato Soup Ls Sliced Turkey in Gravy Mashed Potatoes (Vit C)* Mixed Vegetables** Lettuce Salad W/ Radish & Cucumber Ranch Dressing Whole Grain Bread Fresh Banana*	13 Ls Bbq Pulled Pork Sandwich Steamed Cauliflower* Baked Winter Squash** Marinated Tomato, Green Pepper, & Onion Salad* Whole Grain Hamburger Bun Apple Salad	14 ST. PATTY'S DAY MENU Orange Juice* Corned Beef (+) Boiled New Potatoes Steamed Cabbage* Green Salad W/ 1000 Island Dressing Whole Grain Bread Tapioca Pudding	15 Minestrone Soup Herbed Tilapia W/ Lemon Slice & Tartar Sauce Rice Pilaf Green Beans Spinach Salad W/ Mushrooms Italian Dressing Whole Grain Bread Pineapple Chunks*
<i>Egg Flower Soup</i> <i>Longli Fish w/Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Corn</i> <i>Fresh Apple</i>	<i>Spinach Soup</i> <i>Pork Vegetable Chow Mein</i> <i>Broccoli w/ Red Pepper</i> <i>Cucumber Salad</i> <i>Sliced Pears</i>	<i>Seaweed Egg Soup</i> <i>BBQ Chicken Leg & Thigh</i> <i>Brown & White Rice</i> <i>Bean Sprouts w/ Dry Bean Curd</i> <i>Mustard Greens w/ Ginger</i> <i>Fresh Banana</i>	<i>Hot & Sour Soup</i> <i>Steamed Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Stir Fried Pumpkin w/ Garlic</i> <i>Asian Cucumber</i> <i>Sliced Honeydew</i>	<i>Creamy Corn Soup</i> <i>Diced Chicken & Plain Noodles</i> <i>Sauteed Green Beans</i> <i>Stir Fried Bok Choy</i> <i>Pineapple Chunks</i>
18 Ls Turkey Ala King Mashed Potatoes (Vit. C)* Corn Nibbles Tossed Green Salad W/ French Dressing Whole Grain Bread Fresh Apple*	19 Chinese Vegetable Soup Ls Sweet & Sour Pork Brown & White Rice Garlic Baby Bok Choy*** Cabbage Salad* Asian Dressing Fresh Orange Sections*	20 Ls Yankee Pot Roast Roasted Potatoes Baby Carrots** Marinated Beet & Onion Salad Whole Grain Bread Sliced Cantaloupe*	21 Ls Creamy Tomato Soup Tuna Salad Sandwich W/ Lettuce & Tomato Slice Macaroni Salad Spinach Salad W/ Mushrooms Oil & Vinegar Dressing Whole Grain Hamburger Bun Pineapple Chunks*	22 Orange Juice* Roasted Chicken In Ls Gravy Ls Black Beans Baked Winter Squash** Lettuce Salad W/ Red Cabbage & Carrot Garnish Whole Grain Bread Custard
<i>Soybean Soup</i> <i>Baked Pork Rib</i> <i>Brown & White Rice</i> <i>Stir Fried Cauliflower</i> <i>Broccoli in Garlic Sauce</i> <i>Fresh Banana</i>	<i>Miso Soup</i> <i>Smoked Chicken</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Seaweed Salad</i> <i>Sliced Cantaloupe</i>	<i>Wintermelon Soup</i> <i>Sliced Pork w/ Cabbage & Barbeque Tofu</i> <i>Brown & White Rice</i> <i>Peas & Red Peppers</i> <i>Cucumber Salad</i> <i>Pineapple Chunks</i>	<i>Pumpkin Soup</i> <i>Kung Pao Chicken</i> <i>Brown & White Rice</i> <i>Carrots w/ Seaweed</i> <i>Steamed Yu Choy</i> <i>Fresh Orange</i>	<i>Cabbage Soup</i> <i>Tilapia</i> <i>Brown & White Rice</i> <i>Stir Fried Celery & Cauliflower</i> <i>Mustard Greens w/ Ginger</i> <i>Sliced Peaches</i>
25 Cesar Chavez Day  No Lunch Today	26 Ls Turkey Oriental W/ Noodles Peas W/ Mushrooms Carrot-Broccoli Slaw*** Whole Grain Bread Apple Salad <hr/> <i>Cabbage Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Stir Fried Pumpkin</i> <i>Mustard Greens w/ Ginger</i> <i>Fresh Orange</i>	27 Orange Juice* Sliced Roast Pork In Ls Gravy Quinoa Creamed Spinach** Tossed Salad Whole Grain Bread Strawberry Gelatin W/ Pineapples <hr/> <i>Creamy Corn Soup</i> <i>Chicken w/ Cashews</i> <i>Brown & White Rice</i> <i>Stir Fried Cauliflower</i> <i>Chinese Melon w/ Garlic</i> <i>Fresh Banana</i>	28 Hawaiian Chicken Leg & Thigh Rice Pilaf Steamed Broccoli*** Creamy Coleslaw* Whole Grain Bread Fresh Banana <hr/> <i>Soy Bean Soup</i> <i>Longli Fish w/ Miso Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Steamed Broccoli</i> <i>Fresh Apple</i>	29 Ls Split Pea Soup Salmon In Lemon-Dill Sauce Potatoes Green Beans Marinated Beet & Onion Salad Whole Grain Hamburger Bun Sliced Honeydew* <hr/> <i>Spinach Soup</i> <i>Soy Sauce Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Cucumber Salad</i> <i>Seasoned Tofu w/ Mushrooms</i> <i>Sliced Cantaloupe</i>