

YWCA SENIOR CAFÉ - LIVE OAK PARK COMMUNITY CENTER

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p>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.</p> <p>YWCA San Gabriel Valley 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447</p> <p>email: info@ywcasgv.org www.facebook.com/ywcasgv www.instagram.com/ywcasgv</p> | |  | | <p>1 Sliced Roast Pork In LS Gravy Parsley Potatoes Carrot Coins Creamy Coleslaw Whole Grain Bread Pineapple Chunks</p> <hr/> <p>Tomato & Egg Soup Sliced Pork w/ Cabbage & Tofu Brown & White Rice Stir Fried Bok Choy Stir Fried Celery & Cauliflower Fresh Apple</p> |
| <p>4 Orange Juice Stuffed Bell Pepper Quinoa Green Peas Spinach Salad W/ Mushroom Italian Dressing Sliced Honeydew</p> <hr/> <p>Spinach Soup Chicken Vegetable Chow Mein Mustard Greens w/ Ginger Seasoned Tofu w/Mushrooms Pineapple Chunks</p> | <p>5 ELECTION DAY  Teriyaki Chicken Fried Rice Baby Bok Choy Cabbage Salad w/ Asian Dressing Sliced Pears</p> <hr/> <p>Wintermelon Soup Tilapia w/ Black Bean Sauce Brown & White Rice Stir Fried Yu Choy Tomato w/ Egg & Onions Fresh Banana</p> | <p>6 LS Sweet Corn Soup Turkey Divan Buttered Egg Noodles Broccoli Carrot-Raisin Salad Whole Grain Bread Banana</p> <hr/> <p>Mixed Vegetable Soup Curry Chicken Brown & White Rice Pumpkin w/ Garlic Sauce Sauteed Green Beans Fresh Orange Sections</p> | <p>7 Pork Carnitas Lime Cilantro Rice LS Black Beans Mango Chunks Flour Tortilla w/ Margarine Tapioca Pudding</p> <hr/> <p>Seaweed & Egg Soup Soy Sauce Pork Ribs Brown & White Rice Stir Fried Bok Choy Cucumber Salad Fresh Apple</p> | <p>8 LS Creamy Tomato Soup Tuna Salad Sandwich Lettuce & Tomato Slice Macaroni Salad Zucchini Corn Pepper Salad Whole Grain Bread (2 Sl) Fresh Orange Sections</p> <hr/> <p>Miso Soup Chicken in Black Pepper Sauce Brown & White Rice Broccoli w/ Red Pepper Chinese Melon w/ Garlic Sliced Peaches</p> |
| <p>11</p>  <p>NO YWCA SGV LUNCH TODAY</p> | <p>12 LS Split Pea Soup Roast Beef & Swiss Hoagie Lettuce & Tomato Slice Potato Salad Spinach Salad w/ Mushroom Creamy Italian Dressing Whole Grain Hoagie Roll Fresh Orange Sections</p> <hr/> <p>Soybean Soup Diced Chicken & Plain Noodles Stir Fried Pumpkin w/ Garlic Steamed Corn & Peas Fresh Orange Sections</p> | <p>13 LS Chinese Vegetable Soup Salmon In Pesto Sauce Brown & White Rice Baked Winter Squash Cabbage Salad W/ Asian Dressing Gingered Pears</p> <hr/> <p>Hot & Sour Soup Two Pigs Feet & Soy Sauce Egg Brown & White Rice Stir Fried Bok Choy Seaweed Salad Fresh Banana</p> | <p>14 Orange Juice LS Spaghetti & Meatballs Steamed Spinach LS Marinated Green Bean & Tomato Salad Whole Grain Bread Sliced Peaches</p> <hr/> <p>Pumpkin Soup Smoked Chicken Brown & White Rice Bean Sprouts w/ Sliced Carrots Broccoli in Garlic Sliced Honeydew</p> | <p>15 Chicken In Wine Sauce Quinoa Mashed Sweet Potatoes Garden Salad W/ Italian Dressing Mango Chunks</p> <hr/> <p>Creamy Corn Soup Steamed Pork w/ Egg Brown & White Rice Mustard Greens w/ Ginger Stir Fried Cauliflower Sliced Pears</p> |
| <p>18 Orange Juice Salisbury Steak in LS Gravy Mashed Potatoes Peas & Carrots LS Marinated Beet & Onion Salad Whole Grain Bread Sliced Pears</p> <hr/> <p>Hot & Sour Soup Kung Pao Chicken Brown & White Rice Carrots w/ Seaweed Broccoli in Garlic Sliced Peaches</p> | <p>19 Fish Vera Cruz Lime Cilantro Rice LS Pinto Beans Garden Salad W/ French Dressing Flour Tortilla Mango Chunks</p> <hr/> <p>Miso Soup Sliced Pork w/ Cabbage & Tofu Brown & White Rice Stir Fried Bok Choy Asian Cucumber Pineapple Chunks</p> | <p>20 Herbed Baked Chicken In Sauce Quinoa Lemon-Dill Broccoli Apple Salad Whole Grain Bread Butterscotch Pudding</p> <hr/> <p>Cabbage Soup Longli Fish w/ Miso Soup Brown & White Rice Mustard Greens w/ Ginger Tomato w/ Egg & Onions Fresh Apple</p> | <p>21 LS Lentil Soup Turkey & Cheese Hoagie Mayo & Mustard Lettuce & Tomato Slice Carrot-Raisin Salad Coleslaw Whole Grain Hoagie Roll Pineapple Chunks</p> <hr/> <p>Corn Soup Pork Vegetable Chow Mein Chinese Squash in Garlic Stir Fried Yu Choy Fresh Banana</p> | <p>22 LS Cream Of Mushroom Soup Beef Stroganoff Buttered Noodles Baked Winter Squash LS Three Bean Salad Whole Grain Bread Sliced Cantaloupe</p> <hr/> <p>Dry Bok Choy Soup Chicken w/ Cashews Brown & White Rice American Cabbage w/ Ginger Peas & Red Peppers Sliced Cantaloupe</p> |
| <p>25 LS Minestrone Soup Lemon Herb Roast Chicken Broccoli & Cauliflower Caesar Salad w/ Dressing & Croutons Whole Grain Bread Cinnamon Apples w/ Oatmeal Topping</p> <hr/> <p>Miso Soup BBQ Pork w/ Rice Noodles Pumpkin w/ Garlic Stir Fried Celery & Cauliflower Fresh Orange Sections</p> | <p>26 LS Creamy Squash Soup Sliced Roast Beef w/LS Gravy Quinoa Creamed Spinach Creamy Coleslaw Sliced Peaches</p> <hr/> <p>Spinach Soup Mackerel Brown & White Rice Bean Sprouts w/ Sliced Carrots Chinese Cabbage w/ Garlic Fresh Apple</p> | <p>27 THANKSGIVING SPECIAL Orange Juice Baked Turkey W/ Gravy Cranberry Garnish Mashed Potatoes Peas w/ Pearl Onions Garden Salad w/ Ranch Dressing Whole Grain Roll Pumpkin Pie</p> <hr/> <p>Pumpkin Soup Smoked Chicken Brown & White Rice Broccoli w/ Red Pepper Lettuce w/ Oyster Sauce Sliced Pears</p> | <p>28</p>  <p>NO YWCA SGV LUNCH TODAY</p> | <p>29</p>  <p>NO YWCA SGV LUNCH TODAY</p> |

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

Special Note: Fish May Contain Residual Bones After Preparation. Please Use Caution.