

YWCA SENIOR CAFÉ - LIVE OAK PARK COMMUNITY CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Pork Chow Mein Steamed Spinach Cabbage Salad W/ Asian Dressing Whole Grain Bread Fresh Orange Sections <i>Corn Soup</i> <i>BBQ Chicken Leg & Thigh</i> <i>Brown & White Rice</i> <i>Lettuce w/ Oyster Sauce</i> <i>Asian Cucumber</i> <i>Sliced Honeydew or Cantaloupe</i>	3 Salmon In Lemon- Dill Sauce Scalloped Potatoes Corn Nibbles Garden Salad W/ Ranch Dressing Whole Grain Bread Mango Chunks <i>Cabbage Soup</i> <i>Soy Sauce Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir Fried Cauliflower</i> <i>Sliced Peaches</i>	4 Lentil Soup Rosemary Chicken Quinoa Baby Carrots Pineapple Coleslaw Whole Grain Bread Fresh Banana <i>Miso Soup</i> <i>Longli Fish w/Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Steamed Corn & Peas</i> <i>Fresh Banana</i>	5 Ls Navy Bean Soup Turkey Ala King Brown & White Rice Lemon-Dill Broccoli Marinated Tomato, Green Pepper, & Onion Salad Apple Salad <i>Wintermelon Soup</i> <i>BBQ Pork Ribs</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Tomato w/ Egg & Onions</i> <i>Fresh Apple</i>	6 Orange Juice Beef Lasagna Green Beans Spinach Salad W/ Mushroom Italian Dressing Whole Grain Roll Custard <i>Mixed Vegetable Soup</i> <i>Curry Chicken</i> <i>Brown & White Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Sauteed Green Beans</i> <i>Fresh Orange Sections</i>	
9 BBQ Chicken Rice Pilaf Steamed Cauliflower Carrot-Raisin Salad Whole Grain Bread Sliced Pears <i>Egg Flower Soup</i> <i>Tilapia</i> <i>Brown & White Rice</i> <i>Broccoli w/ Red Pepper</i> <i>Bean Sprouts w/ Carrots</i> <i>Sliced Pears</i>	10 Ls Lentil Soup Baked Ziti W/ Turkey Baked Winter Squash Broccoli Slaw Whole Grain Bread Fresh Banana <i>Creamy Corn Soup</i> <i>Chicken w/Black Pepper Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Pumpkin w/ Garlic</i> <i>Seaweed Salad</i> <i>Sliced Honeydew or Cantaloupe</i>	11 Ls Minestrone Soup Meatloaf In Ls Gravy Mashed Potatoes Creamed Spinach Caesar Salad W/ Dressing & Croutons Whole Grain Bread Fresh Apple <i>Hot & Sour Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Mustard Greens w/ Ginger</i> <i>Seasoned Tofu w/ Mushrooms</i> <i>Fresh Pineapple</i>	12 Orange Juice* Herbed Salmon Quinoa Peas W/ Mushrooms Ls Marinated Beet & Onion Salad Strawberry Gelatin W/ Peaches <i>Pumpkin Soup</i> <i>Kung Pao Chicken</i> <i>Brown & White Rice</i> <i>Carrots w/ Seaweed</i> <i>Peas & Red Peppers</i> <i>Fresh Orange Sections</i>	13 Sliced Roast Pork In Gravy Parsley Potatoes Carrot Coins Creamy Coleslaw Whole Grain Bread Pineapple Chunks <i>Tomato & Egg Soup</i> <i>Sliced Pork w/ Cabbage & Tofu</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Stir Fried Celery & Cauliflower</i> <i>Fresh Apple</i>	
16 Orange Juice Stuffed Bell Pepper Quinoa Green Peas Spinach Salad W/ Mushroom Italian Dressing Sliced Cantaloupe <i>Spinach Soup</i> <i>Chicken Vegetable Chow Mein</i> <i>Mustard Greens w/ Ginger</i> <i>Tofu w/ Mushroom</i> <i>Pineapple Chunks</i>	17 LS Teriyaki Chicken Fried Rice Baby Bok Choy Cabbage Salad w/ Asian Dressing Sliced Pears <i>Wintermelon Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Tomato w/ Egg & Onions</i> <i>Fresh Banana</i>	18 Ls Sweet Corn Soup Turkey Divan Buttered Egg Noodles Broccoli Carrot-Raisin Salad Whole Grain Bread Fresh Banana <i>Mixed Vegetable Soup</i> <i>Curry Chicken</i> <i>Brown & White Rice</i> <i>Pumpkin w/ Garlic Sauce</i> <i>Sauteed Green Beans</i> <i>Fresh Orange Sections</i>	19 Pork Carnitas Lime Cilantro Rice LS Black Beans Mango Chunks Flour Tortilla Tapioca Pudding <i>Seaweed & Egg Soup</i> <i>Soy Sauce Pork Ribs</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Cucumber Salad</i> <i>Fresh Apple</i>	20 Ls Creamy Tomato Soup Tuna Salad Sandwich Lettuce & Tomato Slice Macaroni Salad Zucchini Corn Pepper Salad Whole Grain Bread - 2 Sl. Orange Sections <i>Miso Soup</i> <i>Chicken w/ Black Pepper Sauce</i> <i>Brown & White Rice</i> <i>Broccoli w/ Red Pepper</i> <i>Chinese Melon w/ Garlic</i> <i>Sliced Peaches</i>	
23 <u>HAPPY HANUKKAH!</u> Honey-Lemon Baked Chicken Rice Pilaf (Brown & White) Steamed Broccoli* Tossed Salad w/ Radishes French Dressing Whole Grain Roll Spice Cake w/ Frosting & Merry Christmas! <i>Dry Bok Choy Soup</i> <i>Mackerel</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Sauteed Green Beans</i> <i>Fresh Apple</i>	24  NO YWCA SGV LUNCH TODAY	25  CENTERS CLOSED	26 Orange Juice Ls Spaghetti & Meatballs Steamed Spinach Ls Marinated Green Bean & Tomato Salad Whole Grain Bread Sliced Peaches <i>Pumpkin Soup</i> <i>Smoked Chicken</i> <i>Brown & White Rice</i> <i>Bean Sprouts w/ Sliced Carrots</i> <i>Broccoli in Garlic</i> <i>Sliced Honeydew or Cantaloupe</i>	27 Chicken in Wine Sauce Quinoa Mashed Sweet Potatoes Garden Salad w/ Italian Dressing Mango Chunks <i>Creamy Corn Soup</i> <i>Steamed Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir Fried Cauliflower</i> <i>Sliced Pears</i>	
30 LS Salisbury Steak in Gravy Mashed Potatoes Peas & Carrots LS Marinated Beet & Onion Salad Whole Grain Bread Sliced Pears <i>Hot & Sour Soup</i> <i>Kung Pao Chicken</i> <i>Brown & White Rice</i> <i>Carrots w/ Seaweed</i> <i>Broccoli in Garlic</i> <i>Sliced Peaches</i>	31 <u>NEW YEAR'S EVE</u> Orange Juice Sliced Roast Pork w/ Apples Wild Rice Sauerkraut Spinach Salad w/ Mushroom Ranch Dressing Whole Grain Roll Rice Pudding w/ Raisins <i>Miso Soup</i> <i>Pork w/ Cabbage & BBQ Tofu</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Asian Cucumber</i> <i>Pineapple Chunks</i>				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

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