

YWCA SENIOR CAFÉ - LIVE OAK PARK COMMUNITY CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Lemon Pudding Whole Grain Bread Fresh Apple <i>Dry Bok Choy Soup</i> <i>Mackerel</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Sautéed Green Beans</i> <i>Fresh Apple</i>	4 LS Split Pea Soup Roast Beef & Swiss Hoagie Lettuce & Tomato Slice Potato Salad Spinach Salad w/ Mushrooms* Whole Grain Hoagie Roll Fresh Orange Sections* <i>Soybean Soup</i> <i>Diced Chicken w/ Plain Noodles</i> <i>Stir Fried Pumpkin w/ Garlic</i> <i>Steamed Corn & Peas</i> <i>Fresh Orange Sections</i>	5 LS Chinese Vegetable Soup Salmon in Pesto Sauce w/ Lemon Brown & White Rice Baked Winter Squash** Cabbage Salad w/ Asian Dressing* Gingered Sliced Pears <i>Hot & Sour Soup</i> <i>Two Pigs Feet & Soy Sauce Egg</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Seaweed Salad</i> <i>Fresh Banana</i>	6 Orange Juice* 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>	7 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>
10 Orange Juice* Salisbury Steak in LS 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>	11 Fish Vera Cruz w/ Lemon Lime Cilantro Rice LS Pinto Beans Garden Salad w/ French Dressing Flour Tortilla Mango Chunks* <i>Miso Soup</i> <i>Sliced Pork w/ Cabbage & BBQ</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Asian Cucumber</i> <i>Pineapple Chunks</i>	12 Herb Baked Chicken Quinoa Lemon-Dill Broccoli* Apple Salad Whole Grain Bread Butterscotch Pudding <i>Cabbage Soup</i> <i>Longli Fish w/ Miso Sauce</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Tomato w/ Egg & Onions</i> <i>Fresh Apple</i>	13 LS Lentil Soup Turkey & Cheese Hoagie Mayo & Mustard Lettuce & Tomato Slice Carrot-Raisin Salad** Creamy Coleslaw* Whole Grain Hoagie Roll Pineapple Chunks <i>Corn Soup</i> <i>Pork Vegetable Chow Mein</i> <i>Stir Fried Chinese Squash w/ Garlic</i> <i>Stir Fried Yu Choy</i> <i>Fresh Banana</i>	14 VALENTINE'S DAY LS Cream Of Mushroom Soup Yankee Pot Roast Parsley Potatoes Baked Winter Squash** Sliced Honeydew* Whole Grain Bread Strawberry Cupcake <i>Dry Bok Choy Soup</i> <i>Chicken w/ Cashews</i> <i>Brown & White Rice</i> <i>American Cabbage w/ Ginger</i> <i>Peas & Red Peppers</i> <i>Sliced Honeydew or Cantaloupe</i>
17  NO YWCA SGV LUNCH	18 LS Creamy Squash Soup Lemon Herb Roast Chicken Quinoa Creamed Spinach** Creamy Coleslaw* Sliced Peaches <i>Spinach Soup</i> <i>Mackerel</i> <i>Brown & White Rice</i> <i>Bean Sprouts w/ Sliced Carrots</i> <i>Cabbage w/ Garlic</i> <i>Fresh Apple</i>	19 Beef Chili Colorado Spanish Rice LS Pinto Beans Garden Salad w/ Ranch Dressing Flour Tortilla Fresh Orange Sections* <i>Pumpkin Soup</i> <i>Smoked Chicken</i> <i>Brown & White Rice</i> <i>Broccoli w/ Red Pepper</i> <i>Lettuce w/ Oyster Sauce</i> <i>Sliced Pears</i>	20 LS BBQ Pork Ribblet Roasted Potatoes Green Beans Spinach Salad w/ Mushrooms*** French Dressing Whole Grain Hamburger Bun Fresh Banana* <i>Soybean Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Sautéed Green Beans</i> <i>Pineapple Chunks</i>	21 Orange Juice* Sweet & Sour Chicken Fried Rice Carrots** Garden Salad / 1000 Island Dressing Lime Gelatin w/ Pears <i>Hot & Sour Soup</i> <i>Two Pigs Feet & Soy Sauce Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Seaweed Salad</i> <i>Fresh Banana</i>
24 LS Chinese Vegetable Soup Pork Chow Mein Baby Bok Choy** 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>	25 Burgundy Beef In LS Gravy Scalloped Potatoes Corn Nibbles Garden Salad W/ Ranch Dressing Whole Grain Bread Sliced Honeydew* <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>	26 Rosemary Chicken Quinoa Baby Carrots** Pineapple Coleslaw* 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>	27 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>	28 Orange Juice* Mac & Beef Casserole Green Beans Spinach Salad W/ Mushrooms** Italian Dressing Custard <i>Mixed Vegetable Soup</i> <i>Curry Chicken</i> <i>Brown & White Rice</i> <i>Stir Fried Chinese Squash w/ G</i> <i>Sautéed Green Beans</i> <i>Fresh Orange Sections</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

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