

YWCA Intervale Senior Café - Live Oak Park Community Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lemon Herb Chicken Scalloped Potatoes Green Peas Carrot- Broccoli Slaw Cornbread Citrus Fruit Cup	2 Sliced Roast Pork W/ Ls Gravy Fresh Sweet Potatoes Green Beans & Corn Apple Salad Whole Grain Bread Lemon Pudding	3 Chicken Cacciatore Buttered Egg Noodles Carrots Lettuce, Radish & Cucumber Salad Ranch Dressing Cantaloupe	4 Minestrone Soup Stuffed Bell Pepper Rice Pilaf Broccoli Strawberry Gelatin W/ Pineapple Whole Grain Bread Orange Sections	5 Beef Barley Vegetable Soup Tuna Salad Sandwich W/ Lettuce, Onion, & Tomato Macaroni Salad Creamy Coleslaw Whole Grain Hamburger Bun Pineapple Chunks
<i>Potato & Carrot Soup</i> <i>Mackerel</i> <i>White & Brown Rice</i> <i>Stir-Fried Celery & Cauliflower</i> <i>Seaweed Salad</i> <i>Fresh Orange</i>	<i>Miso Soup</i> <i>Steamed Pork w/ Egg</i> <i>White Rice</i> <i>Steamed Carrots & Bok Choy</i> <i>Seasoned Tofu w/ Mushrooms</i> <i>Pineapple Chunks</i>	<i>Tofu & Cabbage Soup</i> <i>Chicken w/ Cashews</i> <i>White & Brown Rice</i> <i>Stir-Fried Pumpkin</i> <i>Mustard Greens w/ Ginger</i> <i>Sliced Peaches or Fruit (no Banana, Melon, Orange)</i>	<i>Soybean Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Stir-Fried Broccoli,</i> <i>Cauliflower & Carrots</i> <i>Stir-Fried Chinese Melon w/ Garlic</i> <i>Fresh Banana</i>	<i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White & Brown Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Vermicelli, Garlic & Cucumber</i> <i>Sauteed Green Beans</i> <i>Cantaloupe or Honeydew</i>
8 Creamy Squash Soup Swedish Meatballs Spiral Pasta Normandy Vegetables Tossed Salad W/ Sliced Radishes & Cucumber Italian Dressing Gingered Pears	9 Orange Juice Hawaiian Chicken L&T Rice Pilaf Hot Beets W/ Pineapple Creamy Coleslaw Whole Grain Bread Peach Cobbler W/ Oatmeal Topping (1/2 Cup Fruit)	10 Fish Vera Cruz In Ls Sauce Green Peas Fresh Sweet Potatoes Apple Salad Flour Tortilla Fresh Banana	11 Ls Sliced Turkey W/ Ls Gravy Parsley Potatoes Corn Nibblents Carrot-Broccoli Slaw Whole Grain Bread Citrus Fruit Cup	12 MOTHER'S DAY MENU Chicken Rice & Vegetable Soup Ls Sliced Bbq Pork Ls Baked Beans Lemon Dill Broccoli Spinach Salad W/ Mushrooms Oil & Vinegar Dressing Whole Grain Bread Honeydew
<i>Mixed Vegetable Soup</i> <i>Ground Pork w/ Sauce</i> <i>Plain Noodles</i> <i>Stir-Fried Pumpkin w/ Garlic</i> <i>Sauce</i> <i>Mustard Greens w/ Ginger</i> <i>Pineapple Chunks</i>	<i>Hot & Sour Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>White Rice</i> <i>Broccoli w/ Cauliflower</i> <i>Sauteed Green Beans</i> <i>Vermicelli w/ Carrots</i> <i>Fresh Banana</i>	<i>Potato & Carrot Soup</i> <i>2 Pig's Feet & Soy Sauce Egg</i> <i>w/ Carrots</i> <i>White & Brown Rice</i> <i>Cucumber Salad</i> <i>Green Chinese Cabbage</i> <i>Fresh Orange</i>	<i>Seaweed Egg Soup</i> <i>Smoked Chicken</i> <i>White & Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Stir-Fried Broccoli & Corn</i> <i>Fresh Apple</i>	<i>Miso Soup</i> <i>BBQ Pork w/ Tofu</i> <i>White & Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Peas & Red Peppers</i> <i>Sliced Peaches or Seasonal</i> <i>Fruit</i>
15 Orange Juice Rosemary Chicken Parsley Potatoes Mixed Vegetables Coleslaw Whole Grain Bread Apple Cobbler W/ Oatmeal Topping (1/2 Cup Fruit)	16 Beef Fajitas In Ls Sauce Baked Winter Squash Green Beans Marinated Tomato, Green Pepper, & Onion Salad Flour Tortilla Fresh Banana	17 Vegetable Soup Chicken Chop Suey Brown & White Rice Garlic Baby Bok Choy Sunset Salad Whole Grain Bread Sliced Cantaloupe	18 Salisbury Steak W/ Ls Gravy Garlic Mashed Potatoes (Vit C) Green Peas Salad W/ Radish & Red Cabbage W/ Ranch Dressing Whole Grain Bread Fresh Orange Sections	19 Lentil Soup Sliced Ls Turkey W/ Ls Gravy Fresh Sweet Potatoes Broccoli Marinated Beet & Onion Salad Whole Grain Bread Sliced Pears
<i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White Rice</i> <i>Stir-Fried Red Carrots & Corn</i> <i>Sauteed Chinese Cabbage w/</i> <i>Ginger, Egg Roll (1)</i> <i>Fresh Banana</i>	<i>Soybean Soup</i> <i>Baked Pork Rib</i> <i>White & Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir-Fried Chinese Vegetables</i> <i>w/ American Cabbage, Bean</i> <i>Thread & Mushrooms</i> <i>Sliced Pears</i>	<i>Dry Bok Choy Soup</i> <i>Diced Chicken & Plain</i> <i>Noodles w/ Carrots</i> <i>Stir-Fried Tomato w/ Egg &</i> <i>Onions</i> <i>Stir-Fried Pumpkin w/ Garlic</i> <i>Sauce</i> <i>Sliced Cantaloupe</i>	<i>Chicken Corn Soup</i> <i>Sliced Pork w/ Cabbage</i> <i>& Barbecue Tofu</i> <i>White & Brown Rice</i> <i>Steamed Yu Choy</i> <i>Asian Cucumber</i> <i>Fresh Orange</i>	<i>Tofu & Seaweed Soup</i> <i>Longli Fish w/ Miso Sauce</i> <i>White & Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Steamed Broccoli &</i> <i>Cauliflower</i> <i>Pineapple Chunks</i>
22 Roast Pork W/ Ls Gravy Mashed Potatoes (Vit C) Carrots Three Bean Salad Whole Grain Bread Pineapple Chunks	23 Salmon In Ls Pesto Sauce Fresh Sweet Potatoes Green Peas Garden Salad W/ RedCabbage French Dressing Whole Grain Bread Fresh Apple	24 Albondigas Soup Steak Picado In Ls Sauce Tex-Mex Brown & White Rice Ls Black Beans Citrus Fruit Salad Flour Tortilla Custard	25 Vegetable Soup Teriyaki Chicken Creamed Spinach Baked Winter Squash Carrot-Broccoli Slaw Whole Grain Bread Fresh Banana	26 MEMORIAL DAY MENU Orange Juice Ls Barbeque Beef Slices Roasted Potatoes Ls Baked Beans Creamy Coleslaw Dinner Roll Watermelon Slice
<i>Spinach Soup</i> <i>Steamed Pork w/ Egg</i> <i>White Rice</i> <i>Stir-Fried Pumpkin w/ Garlic</i> <i>Sauce</i> <i>Steamed Corn & Peas</i> <i>Honeydew or Cantaloupe 6</i>	<i>Miso w/ Tofu Soup</i> <i>BBQ Chicken Leg & Thigh</i> <i>White & Brown Rice</i> <i>Stir-Fried Bean Sprouts</i> <i>w/ Sliced Carrots</i> <i>Stir Fried Yu Choy</i> <i>Fresh Orange</i>	<i>Potato & Carrot Soup</i> <i>Mackerel</i> <i>White & Brown Rice</i> <i>Stir-Fried Cauliflower &</i> <i>Cabbage</i> <i>Lettuce w/ Oyster Sauce</i> <i>Sliced Peaches</i>	<i>Tomato & Egg Soup</i> <i>Curry Chicken</i> <i>White Rice</i> <i>Bean Thread Vermicelli w/</i> <i>Garlic & Cucumber</i> <i>Steamed Carrots & Bok Choy</i> <i>Pineapple Chunks</i>	<i>Wintermelon Soup</i> <i>Soy Sauce Pork Ribs</i> <i>White & Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir-Fried Chinese Vegetables</i> <i>w/ American Cabbage, Bean</i> <i>Thread & Dried Mushrooms</i> <i>Sliced Pears</i>
	30 Albondigas Soup Chicken Fajitas Tex-Mex Brown & White Rice Ls Black Beans Marinated Tomato, Onion & Green Pepper Salad Flour Tortilla Citrus Fruit Cup	31 Creamy Squash Soup Sliced Pork Loin Roast Fresh Sweet Potatoes Broccoli Lettuce, Radish & Mushroom Salad w/ Ranch Dressing Whole Grain Bread Fresh Banana	Administered by <u>YWCA San Gabriel Valley & the Inland Communities</u> And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.	



CENTERS
CLOSED

*Soybean Soup
Longli Fish w/ Black Bean
Sauce
White Rice
Stir Fried Napa Cabbage
Corn & Broccoli
Fresh Apple*

*Vegetable Soup
Steamed Pork w/ Egg
White & Brown Rice
Stir-Fried Pumpkin w/ Garlic
Steamed Mixed Vegetables
Sliced Honeydew or
Cantaloupe*

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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