

## YWCA Intervale Senior Café - Live Oak Park Community Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Administered by <u>YWCA San Gabriel Valley &amp; 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.</p> <p>YWCA San Gabriel Valley &amp; the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447</p> <p>email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a> <a href="https://www.facebook.com/ywcasgv">facebook.com/ywcasgv</a></p>			<p><b>1</b> Italian Meatballs W/ Ls Sauce Spaghetti In Ls Tomato Sauce Green Beans Caesar Salad W/Dressing &amp; Croutons Whole Grain Bread Fresh Orange Sections</p>	<p><b>2</b> Vegetable Soup Submarine Sandwich W/ Roast Beef, Turkey, &amp; .5 Oz Jack Cheese Lettuce &amp; Tomato Slices Potato Salad Carrot-Raisin Salad Whole Grain Hoagie Roll Honeydew</p>
			<p><i>Miso Soup</i> <i>Tilapia &amp; White Rice</i> <i>Stir-Fried Celery &amp; Cauliflower</i> <i>Sauteed Mustard Greens w/ Ginger, Egg Roll (1)</i> <i>Sliced Pears</i></p>	<p><i>Egg Flower Soup</i> <i>Smoked Chicken</i> <i>White &amp; Brown Rice</i> <i>Bok Choy w/ Garlic</i> <i>Seasoned Tofu w/ Mushroom</i> <i>Fresh Orange</i></p>
<p><b>5</b> Orange Juice Sweet &amp; Sour Pork Baked Winter Squash Green Beans W/ Red Peppers Tossed Salad W/ Mushroom French Dressing Whole Grain Bread Cinnamon Applesauce</p>	<p><b>6</b> Lentil Soup Hamburger Patty W/ Lettuce, Tomato &amp; Onion Slices Mustard, Mayo, Ketchup Parsley Potatoes Carrot Coins Macaroni Salad Whole Grain Hamburger Bun Cantaloupe</p>	<p><b>7</b> Vegetable Soup Roast Turkey W/ Ls Gravy &amp; Cranberry Sauce Garnish Cornbread Stuffing Green Peas Marinated Tomato, Onion &amp; Green Pepper Salad Whole Grain Roll Fresh Orange Sections</p>	<p><b>8</b> Rosemary Chicken L &amp; T Harvard Beets Fresh Sweet Potatoes Broccoli Slaw Whole Grain Bread Gingered Pears</p>	<p><b>9</b> Creamy Squash Soup Meatloaf In Ls Brown Gravy Mashed Potatoes (Vit. C) Corn &amp; Lima Beans Spinach Salad W/ Mushroom Creamy Italian Dressing Sourdough Bread Fresh Apple</p>
<p><i>Mushroom &amp; Melon Soup</i> <i>Baked Pork Rib</i> <i>White &amp; Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir-Fried Chinese Cabbage w/ Garlic Sauce</i> <i>Pineapple Chunks 2</i></p>	<p><i>Bok Choy Soup</i> <i>Kung Pao Chicken</i> <i>White Rice</i> <i>Carrots w/ Seaweed</i> <i>Steamed Yu Choy</i> <i>Fresh Sliced Honeydew or Cantaloupe</i></p>	<p><i>Tomato &amp; Egg Soup</i> <i>Tilapia</i> <i>White &amp; Brown Rice</i> <i>Sauteed American Cabbage w/ Ginger</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i></p>	<p><i>Wintermelon Soup</i> <i>Chicken Leg Quarter w/ Black Pepper Sauce</i> <i>White &amp; Brown Rice</i> <i>Steamed Corn</i> <i>Bok Choy w/ Garlic</i> <i>Fresh Orange</i></p>	<p><i>Tofu Seaweed Soup</i> <i>Pork Vegetable Chow Mein</i> <i>Noodles (in entrée)</i> <i>Broccoli w/ Red Pepper</i> <i>Cucumber Salad</i> <i>Egg Roll (1)</i> <i>Sliced Pears</i></p>
<p><b>12</b> Lemon Herb Chicken Scalloped Potatoes Green Peas Carrot- Broccoli Slaw Cornbread Citrus Fruit Cup</p>	<p><b>13</b> Roast Pork W/ Ls Gravy Fresh Sweet Potatoes Green Beans &amp; Corn Apple Salad Whole Grain Bread Lemon Pudding</p>	<p><b>14</b> Chicken Cacciatore Buttered Egg Noodles Carrots Lima Beans Lettuce W/ Radishes &amp; Cucumber Salad Ranch Dressing Honeydew</p>	<p><b>15</b> Minestrone Soup Stuffed Bell Pepper Rice Pilaf (Brown &amp; White) Creamed Spinach Strawberry Gelatin W/ Pineapple Whole Grain Bread Orange Sections</p>	<p><b>16</b> Beef Barley Veggie Soup Tuna Salad Shell Macaroni Salad Tomato &amp; Onion Slices W/ Bell Pepper Strips Lettuce W/ Red Cabbage, Radish &amp; Mushrooms Whole Grain Roll Pineapple Chunks</p>
<p><i>Potato &amp; Carrot Soup</i> <i>Mackerel</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Celery &amp; Cauliflower</i> <i>Seaweed Salad</i> <i>Fresh Orange 3</i></p>	<p><i>Miso Soup</i> <i>Steamed Pork w/ Egg</i> <i>White Rice</i> <i>Steamed Carrots &amp; Bok Choy</i> <i>Seasoned Tofu w/ Mushrooms</i> <i>Pineapple Chunks</i></p>	<p><i>Tofu &amp; Cabbage Soup</i> <i>Chicken w/ Cashews</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Pumpkin</i> <i>Mustard Greens w/ Ginger</i> <i>Sliced Peaches or Seasonal Fruit</i></p>	<p><i>Soybean Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Stir-Fried Broccoli, Cauliflower &amp; Carrots</i> <i>Stir-Fried Chinese Melon w/ Garlic</i> <i>Fresh Banana</i></p>	<p><i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White &amp; Brown Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Vermicelli w/Garlic&amp;Cucumber</i> <i>Sauteed Green Beans</i> <i>Cantaloupe or Honeydew</i></p>
<p><b>19</b> Creamy Squash Soup Swedish Meatballs Spiral Pasta Normandy Vegetables Tossed Salad W/ Sliced Radishes &amp; Cucumber Italian Dressing Gingered Pears</p>	<p><b>20</b> Orange Juice Hawaiian Chicken Leg &amp; Thigh Rice Pilaf (Brown &amp; White) Hot Beets W/ Pineapple Creamy Coleslaw Whole Grain Bread Peach Cobbler W/ Oatmeal Topping</p>	<p><b>21</b> Fish Vera Cruz Green Peas Fresh Sweet Potatoes Apple Salad Flour Tortilla Fresh Banana</p>	<p><b>22</b> Ls Sliced Turkey W/ Ls Gravy Parsley Potatoes Corn Nibbles Carrot Broccoli Slaw Whole Grain Bread Citrus Fruit Cup</p>	<p><b>23</b> Navy Bean Soup BBQ Pork Riblet Sandwich Baked Winter Squash Green Beans W/ Red Peppers Lettuce W/ Tomato Salad Ranch Dressing Whole Grain Hamburger Bun Cantaloupe</p>
<p><i>Mixed Vegetable Soup</i> <i>Ground Pork w/ Sauce</i> <i>Plain Noodles</i> <i>Stir-Fried Pumpkin w/ Garlic Sauce</i> <i>Sauteed Mustard Greens w/ Ginger</i> <i>Pineapple Chunks 4</i></p>	<p><i>Hot &amp; Sour Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>White Rice</i> <i>Steamed Broccoli w/ Cauliflower</i> <i>Sauteed Green Beans</i> <i>Vermicelli w/ Carrots</i> <i>Fresh Banana</i></p>	<p><i>Potato &amp; Carrot Soup</i> <i>2 Pig's Feet &amp; Soy Sauce Egg w/ Carrots</i> <i>White &amp; Brown Rice</i> <i>Cucumber Salad</i> <i>Stir-Fried Green Chinese Cabbage</i> <i>Fresh Orange</i></p>	<p><i>Seaweed Egg Soup</i> <i>Smoked Chicken</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Stir-Fried Broccoli &amp; Corn</i> <i>Fresh Apple</i></p>	<p><i>Miso Soup</i> <i>BBQ Pork w/ Tofu</i> <i>White &amp; Brown Rice</i> <i>Sauteed Mustard Greens w/ Ginger</i> <i>Peas &amp; Red Peppers</i> <i>Sliced Peaches or Seasonal Fruit</i></p>
<p><b>26</b> Orange Juice Rosemary Chicken Parsley Potatoes Mixed Vegetables Creamy Coleslaw Whole Grain Bread Apple Cobbler W/ Oatmeal Topping</p>	<p><b>27</b> Beef Fajitas Baked Winter Squash Green Beans Marinated Tomato, Green Pepper &amp; Onion Salad Flour Tortilla Fresh Banana</p>	<p><b>28</b> Vegetable Soup Chicken Chow Mein Chinese Noodles (In Entrée) Garlic Baby Bok Choy Sunset Salad Honeydew</p>	<p><b>29</b> Lentil Soup Italian Meatloaf Mashed Potatoes (Vit C) Green Peas Tossed Salad W/ Radish &amp; Red Cabbage Ranch Dressing Whole Grain Bread Fresh Orange Sections</p>	<p><b>30</b> Salmon In Mustard- Dill Sauce Fresh Sweet Potatoes Broccoli Marinated Beet &amp; Onion Salad Whole Grain Bread Sliced Pears</p>
<p><i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White Rice</i> <i>Stir-Fried Red Carrots &amp; Corn</i> <i>Sauteed Chinese Cabbage w/ Ginger, Egg Roll (1)</i> <i>Fresh Banana 5</i></p>	<p><i>Soybean Soup</i> <i>Baked Pork Rib</i> <i>White &amp; Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Chinese Veg w/ Cabbage, Bean Thread, Mushroom</i> <i>Sliced Pears</i></p>	<p><i>Dry Bok Choy Soup</i> <i>Diced Chicken &amp; Plain Noodles w/ Carrots</i> <i>Stir-Fried Tomato w/ Egg &amp; Onions</i> <i>Pumpkin w/ Garlic Sauce</i> <i>Sliced Cantaloupe</i></p>	<p><i>Chicken Corn Soup</i> <i>Sliced Pork w/ Cabbage &amp; Barbecue Tofu</i> <i>White &amp; Brown Rice</i> <i>Steamed Yu Choy</i> <i>Asian Cucumber</i> <i>Fresh Orange</i></p>	<p><i>Tofu &amp; Seaweed Soup</i> <i>Longli Fish w/ Miso Sauce</i> <i>White &amp; Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Steamed Broccoli &amp; Cauliflower</i> <i>Pineapple Chunks</i></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**