

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

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

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
|    | <b>1</b><br>Orange Juice<br>Beef Fajitas W/ Pico De Gallo<br>Baked Winter Squash<br>Ls Pinto Beans<br>Tossed Salad W/ Radishes<br>Flour Tortilla<br>Fresh Banana    | <b>2</b><br>Chicken Chop Suey<br>Brown & White Rice<br>Garlic Baby Bok Choy<br>Chinese Cabbage Salad<br>Oriental Dressing<br>Whole Grain Bread<br>Cantaloupe  | <b>3</b><br>Minestrone Soup<br>Meatloaf W/ Ls Brown Gravy<br>Mashed Potatoes (Vit C)<br>Green Peas<br>Ls Three Bean Salad<br>Whole Grain Bread<br>Fresh Orange Sections             | <b>4</b><br>Chicken Chef's Salad W/ Egg<br>Garnish, Lettuce & Tomato<br>Ranch Dressing<br>Creamy Coleslaw<br>Carrot-Raisin Salad<br>Whole Grain Roll<br>Sliced Pears   |
|  | Soybean Soup<br>Baked Pork Rib<br>White & Brown Rice<br>Mustard Greens w/ Ginger<br>Stir-Fried Chinese Vegetables<br>Sliced Pears                                   | Dry Bok Choy Soup<br>Diced Chicken & Plain<br>Noodles<br>Stir-Fried Tomato w/ Egg &<br>Onions<br>Asian Cucumber<br>Sliced Cantaloupe  | Corn Soup<br>Pork w/ Cabbage & BBQ Tofu<br>White & Brown Rice<br>Steamed Yu Choy<br>Stir Fried Pumpkin w/ Garlic<br>Sauce<br>Fresh Orange   | Wintermelon Soup<br>Longli Fish w/ Miso Sauce<br>White & Brown Rice<br>Stir-Fried Bok Choy<br>Steamed Broccoli &<br>Cauliflower<br>Pineapple Chunks  |
| <b>7</b><br>Pork Carnitas W/ Pico DeGallo<br>Baked Winter Squash<br>Ls Refried Beans<br>Spinach Salad W/ Mushrooms<br>1000 Island Dressing<br>Flour Tortilla<br>Honeydew<br>Spinach Soup<br>Steamed Pork w/ Egg<br>White Rice<br>Stir-Fried Pumpkin w/ Garlic<br>Sauce<br>Steamed Corn & Peas<br>Honeydew or Cantaloupe      | <b>8</b><br>Salmon In Lemon-Dill Sauce<br>Fresh Sweet Potatoes<br>Green Peas<br>Garden Salad W/Red Cabbage<br>French Dressing<br>Whole Grain Bread<br>Fresh Apple   | <b>9</b><br>Albondigas Soup<br>Steak Picado In Ls Sauce<br>Roasted Potatoes<br>Green Beans<br>Citrus Fruit Salad<br>Flour Tortilla<br>Tapioca Pudding<br>Creamy Corn Soup<br>Mackerel<br>White & Brown Rice<br>Stir-Fried Cauliflower &<br>Cabbage<br>Lettuce w/ Oyster Sauce<br>Sliced Peaches | <b>10</b><br>Split Pea Soup<br>Hawaiian Chicken<br>Brown & White Rice<br>Creamed Spinach<br>Creamy Coleslaw<br>Whole Grain Bread<br>Fresh Banana                                    | <b>11</b><br>Sliced Roast Pork W/Ls Gravy<br>Mashed Potatoes (Vit C)<br>Steamed Broccoli<br>Pineapple Chunks<br>Whole Grain Bread<br>Custard<br>Hot & Sour Soup<br>Soy Sauce Pork Ribs<br>White & Brown Rice<br>Sauteed Mustard Greens w/<br>Ginger<br>Stir-Fried Chinese Vegetables<br>Sliced Pears   |
| <b>14</b><br>Beef Tips W/ Mushrooms<br>In Ls Gravy<br>Barley Pilaf<br>Mixed Vegetables<br>Creamy Coleslaw<br>Whole Grain Bread<br>Gingered Pears   | <b>15</b><br>Sweet Corn Soup<br>Chicken Chow Mein<br>Chinese Noodles (In Entrée)<br>Garlic Baby Bok Choy<br>Carrot-Raisin Salad<br>Peaches                          | <b>16</b><br>Beef Barley Vegetable Soup<br>Salmon In Ls Pesto Sauce<br>Fresh Sweet Potatoes<br>Corn<br>Marinated Tomato, Onion &<br>Pepper Salad<br>Whole Grain Bread<br>Fresh Banana   | <b>17</b><br>Orange Juice<br>Swedish Meatballs<br>Spiral Pasta<br>Green Beans<br>Caesar Salad<br>Whole Grain Bread<br>Fresh Apple   | <b>18</b><br>Chicken Fajitas<br>Tex-Mex Brown & White Rice<br>Ls Pinto Beans<br>Lettuce W/ Radish &<br>Cucumber Salad<br>Flour Tortilla<br>Citrus Fruit Cup  |
| Pumpkin Soup<br>BBQ Chicken Leg & Thigh<br>White & Brown Rice<br>Stir-Fried Bean Sprouts<br>w/ Dry Bean Cube<br>Stir-Fried Cauliflower /Carrots<br>Fresh Banana  | Soybean Soup<br>Longli Fish w/ Black Bean<br>Sauce<br>White Rice<br>Stir Fried Napa Cabbage<br>Corn & Broccoli<br>Fresh Apple                                       | Spinach Soup<br>Steamed Pork w/ Egg<br>White & Brown Rice<br>Stir-Fried Pumpkin w/ Garlic<br>Steamed Mixed Vegetables<br>Sliced Honeydew or<br>Cantaloupe   | Miso Soup<br>Tilapia<br>White Rice<br>Stir-Fried Celery & Cauliflower<br>Sauteed Mustard Greens w/<br>Ginger, Egg Roll (1)<br>Sliced Pears  | Egg Flower Soup<br>Smoked Chicken<br>White & Brown Rice<br>Bok Choy w/ Garlic<br>Seaweed Salad<br>Fresh Orange   |
| <b>21</b><br>Orange Juice<br>Pork Lo Mein<br>Lo Mein Noodles<br>Baked Winter Squash<br>Tossed Salad W/ Mushrooms<br>French Dressing<br>Cinnamon Applesauce<br>Mushroom & Melon Soup<br>Baked Pork Rib<br>White & Brown Rice<br>Mustard Greens w/ Ginger<br>Stir-Fried Chinese Cabbage w/<br>Garlic Sauce<br>Pineapple Chunks | <b>22</b><br>Lentil Soup<br>Hamburger Patty W/<br>Lettuce, Tomato & Onion<br>Potato Salad<br>Carrot- Raisin Salad<br>Whole Grain Hamburger Bun<br>Sliced Honeydew   | <b>23</b><br>Sliced Roast Turkey w/ Gravy<br>Barley Pilaf<br>Green Peas<br>Apple Salad<br>Whole Grain Bread<br>Fresh Orange Sections  | <b>24</b><br>Rosemary Chicken<br>Carrots & Broccoli<br>Fresh Sweet Potatoes<br>Gingered Pears<br>Whole Grain Bread<br>Fresh Banana  | <b>25</b><br>Creamy Squash Soup<br>Italian Meatloaf<br>Mashed Potatoes (Vit. C)<br>Corn Niblets<br>Spinach Salad W/Mushrooms<br>Sourdough Bread<br>Fresh Apple<br>Soybean Soup<br>Pork Vegetable Chow Mein<br>Noodles (in entrée)<br>Broccoli w/ Red Pepper<br>Cucumber Salad<br>Egg Roll (1)<br>Sliced Pears  |
| <b>28</b><br>Chicken Cacciatore<br>Spaghetti In Ls Tomato Sauce<br>Green Peas<br>Carrot-Broccoli Slaw<br>Whole Grain Bread<br>Citrus Fruit Cup   | <b>29</b><br>Sliced Roast Pork W/ Ls Gravy<br>Fresh Sweet Potatoes<br>Green Beans & Corn<br>Apple Salad<br>Whole Grain Bread<br>Custard                             | <b>30</b><br>Orange Juice<br>Oven Fried Chicken W/Gravy<br>Cornbread Stuffing<br>Carrots<br>Lettuce W/ Radishes &<br>Cucumber Salad<br>Whole Grain Bread<br>Sliced Cantaloupe   | <b>31</b><br>Minestrone Soup<br>Tostada Salad W/Ground<br>Beef, Cheese & Salsa<br>Tortilla Shell<br>Ls Black Beans & Corn<br>Lettuce W/ Tomato<br>Ranch Dressing<br>Orange Sections | Administered by<br><u>YWCA San Gabriel Valley &amp; the<br/>           Inland Communities</u><br>And funded in part by the Los<br>Angeles County<br>Area Agency on Aging through<br>the<br>Older Americans Act of 1965 as<br>amended.<br><br>YWCA San Gabriel Valley & the<br>Inland Communities<br>943 North Grand Avenue, Covina,<br>CA 91724<br>Phone - Main: 626-214-9456<br>Fax: 626-814-0447<br><br>email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a><br><a href="https://www.facebook.com/ywcasgv">facebook.com/ywcasgv</a> |
| Chicken Corn Soup<br>Mackerel<br>White & Brown Rice<br>Stir-Fried Celery & Cauliflower<br>Seaweed Salad<br>Fresh Orange 3  | Miso Soup<br>Steamed Pork w/ Egg<br>White Rice<br>Stir Fry Bok Choy<br>Broccoli w/ Mushrooms<br>Sliced Peaches or Seasonal<br>Fruit (no Banana, Melon or<br>Orange) | Cabbage Soup<br>Chicken w/ Cashews<br>White & Brown Rice<br>Stir-Fried Pumpkin<br>Mustard Greens w/ Ginger<br>Pineapple Chunks  | Soybean Soup<br>BBQ Pork w/ Rice Noodles<br>Stir-Fried Cauliflower &<br>Carrots<br>Stir-Fried Chinese Melon w/<br>Garlic<br>Fresh Banana  |  |

**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**