




YWCA 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 & 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 & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447</p> <p>email: intervale@ywcasgv.org facebook.com/ywcasgv</p>		<p>1 Albondigas Soup Steak Picado In Ls Sauce Roasted Potatoes Green Beans Pickled Beets W/ Onions Flour Tortilla Citrus Fruit Salad</p>	<p>2 Split Pea Soup Hawaiian Chicken Leg & Thigh Brown & White Rice Creamed Spinach Creamy Coleslaw Whole Grain Bread Fresh Banana</p>	<p>3 Sliced Roast Pork In Ls Gravy Mashed Potatoes (Vit C) Steamed Broccoli Pineapple Chunks Whole Grain Bread Custard</p>
<p>6 Beef Tips W/ Mushrooms In Ls Gravy Rice Pilaf Mixed Vegetables Creamy Coleslaw Whole Grain Bread Gingered Pears</p>		<p>7 Sweet Corn Soup Chicken Chow Mein Chow Mein Noodles Garlic Baby Bok Choy Spinach Salad W/ Mushrooms 1000 Island Dressing Peaches</p>	<p>8 Beef Barley Veggie Soup Salmon In Lemon-Pepper Fresh Sweet Potatoes Corn Marinated Tomato, Onion & Green Pepper Salad Whole Grain Bread Fresh Banana</p>	<p>9 VETERAN'S DAY MENU Vegetable Soup & Crackers Hero Sandwich W/ Roast Beef, Turkey & .5 Oz Jack Cheese Lettuce Leaf & Onion Slices Macaroni Salad Ls Baked Beans Whole Grain Hoagie Roll Fresh Orange Sections</p>
<p><i>Pumpkin Soup</i> <i>BBQ Chicken Leg & Thigh</i> <i>White & Brown Rice</i> <i>Stir-Fried Bean Sprouts</i> <i>w/ Dry Bean Cube</i> <i>Cauliflower & Carrots</i> <i>Fresh Banana</i></p>	<p><i>Soybean Soup</i> <i>Longli Fish w/ Black Bean</i> <i>Sauce</i> <i>White Rice</i> <i>Stir Fried Napa Cabbage</i> <i>Corn & Broccoli</i> <i>Fresh Apple</i></p>	<p><i>Spinach Soup</i> <i>Steamed Pork w/ Egg</i> <i>White & Brown Rice</i> <i>Stir-Fried Pumpkin w/ Garlic</i> <i>Steamed Mixed Vegetables</i> <i>Sliced Honeydew or</i> <i>Cantaloupe</i></p>	<p><i>Miso Soup</i> <i>Tilapia</i> <i>White Rice</i> <i>Stir-Fried Celery & Cauliflower</i> <i>Sauteed Mustard Greens w/</i> <i>Ginger, Egg Roll (1)</i> <i>Sliced Pears</i></p>	 <p>Veterans Day CENTERS CLOSED</p>
<p>13 Orange Juice Pork Lo Mein In Ls Sauce Lo Mein Noodles Baked Winter Squash Tossed Salad W/ Mushrooms French Dressing Cinnamon Applesauce</p>	<p>14 Lentil Soup Stuffed Bell Pepper Roasted Potatoes Carrot Coins Whole Grain Bread Sliced Cantaloupe</p>	<p>15 Vegetable Soup Tuna Salad Sandwich Ls Three Bean Salad Marinated Beet & Onion Salad Creamy Coleslaw Whole Grain Hamburger Bun Fresh Orange Sections</p>	<p>16 Rosemary Chicken L & T Carrots And Broccoli Fresh Sweet Potatoes Gingered Pears Whole Grain Bread Fresh Banana</p>	<p>17 Creamy Squash Soup Meatloaf In Ls Brown Gravy Mashed Potatoes (Vit C) Corn Nibbles Spinach Salad W/ Mushrooms Sourdough Bread Fresh Apple</p>
<p><i>Mushroom & Melon Soup</i> <i>Baked Pork Rib</i> <i>White & Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir-Fried Chinese Cabbage w/</i> <i>Garlic Sauce</i> <i>Pineapple Chunks</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>Sliced Honeydew</i> <i>or Cantaloupe</i></p>	<p><i>Tomato & Egg Soup</i> <i>Tilapia</i> <i>White & Brown Rice</i> <i>Sauteed American Cabbage</i> <i>w/ Ginger</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i></p>	<p><i>Wintermelon Soup</i> <i>Chicken Leg Quarter w/ Black</i> <i>Pepper Sauce</i> <i>White & Brown Rice</i> <i>Stir Fried Chinese Squash</i> <i>Bok Choy w/ Garlic</i> <i>Fresh Orange</i></p>	<p><i>Soybean 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>20 Chicken Cacciatore Spaghetti In Ls Tomato Sauce Green Peas Carrot-Broccoli Slaw Whole Grain Bread Citrus Fruit Cup</p>	<p>21 Sliced Roast Pork In Ls Gravy Fresh Sweet Potatoes Green Beans & Corn Apple Salad Whole Grain Bread Custard</p>	<p>22 THANKSGIVING MENU Orange Juice Ls Baked Turkey W/ Ls Gravy Cornbread Stuffing Peas W/ Pearl Onions Garden Salad W/ Carrots & Radishes Ranch Dressing Pumpkin Pie</p>	<p>23 <i>Happy</i> <i>Thanksgiving</i> CENTERS CLOSED</p>	 <p>CENTERS CLOSED</p>
<p><i>Chicken Corn Soup</i> <i>Mackerel</i> <i>White & Brown Rice</i> <i>Stir-Fried Celery & Cauliflower</i> <i>Seaweed Salad</i> <i>Fresh Orange</i></p>	<p><i>Miso Soup</i> <i>Steamed Pork w/ Egg</i> <i>White Rice</i> <i>Stir Fry Bok Choy</i> <i>Broccoli w/ Mushrooms</i> <i>Sliced Peaches or Seasonal</i> <i>Fruit</i></p>	<p><i>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>Pineapple Chunks</i></p>		
<p>27 Orange Juice Bbq Pork Riblet Sandwich Creamed Spinach Baked Winter Squash Lettuce Salad W/ Sliced Radish & Cucumber Whole Grain Hamburger Bun Custard</p>	<p>28 Hawaiian Chicken Leg & Thigh Rice Pilaf Green Peas Creamy Coleslaw Whole Grain Bread Peaches</p>	<p>29 Chipotle Roast Pork Fresh Sweet Potatoes Corn Nibbles Apple Salad Whole Grain Bread Gingered Pears</p>	<p>30 Creamy Squash Soup Salmon In Ls Mustard-Dill Cornbread Stuffing Hot Beets W/ Onions Carrot-Broccoli Slaw Fresh Banana</p>	
<p><i>Mixed Vegetable Soup</i> <i>Soy Sauce Pork w/ Egg</i> <i>White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Cucumber Salad</i> <i>Pineapple Chunks</i></p>	<p><i>Hot & Sour Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>White Rice</i> <i>Vermicelli w/ Carrots</i> <i>Cauliflower w/ Carrots</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i></p>	<p><i>Creamy Corn Soup</i> <i>2 Pig's Feet & Soy Sauce Egg</i> <i>White & Brown Rice</i> <i>Seasoned Tofu w/ mushrooms</i> <i>Stir-Fried Green Chinese</i> <i>Cabbage</i> <i>Fresh Orange</i></p>	<p><i>Seaweed Egg Soup</i> <i>Smoked Chicken</i> <i>White & Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Chinese Squash w/ garlic</i> <i>Fresh Apple</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**