

YWCA Senior Café - Live Oak Park Community Center

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

HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS

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 Navy Bean Soup Italian Meatballs & Spaghetti In Ls Tomato Sauce Green Beans Lettuce W/ Tomato Salad Italian Dressing Sliced Honeydew</p> <hr/> <p>Potato & Carrot Soup BBQ Pork w/ Tofu White & Brown Rice Sauteed Mustard Greens w/ Ginger Peas & Red Peppers Sliced Peaches</p>
<p>4 Creamy Tomato Soup Ls Turkey Pieces In Ls Gravy Parsley Potatoes Carrot Coins Creamy Coleslaw Whole Grain Bread Apple Cobbler W/ Oatmeal</p> <hr/> <p>Pumpkin Soup Curry Chicken White Rice Stir-Fried Red Carrots & Corn Sauteed Chinese Cabbage w/ Ginger, Egg Roll (1) Fresh Banana 5</p>	<p>5 Orange Juice Beef Fajitas In Ls Sauce Baked Winter Squash Ls Pinto Beans Tossed Salad W/ Radish Flour Tortilla Fresh Banana</p> <hr/> <p>Soybean Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Mushrooms Sliced Peas</p>	<p>6 Chicken Chop Suey Brown & White Rice Garlic Baby Bok Choy Chinese Cabbage Salad Whole Grain Bread Sliced Cantaloupe</p> <hr/> <p>Dry Bok Choy Soup Diced Chicken & Plain Noodles Stir-Fried Tomato w/ Egg & Onions Asian Cucumber Sliced Cantaloupe</p>	<p>7 Minestrone Soup Meatloaf W/ Brown Gravy Mashed Potatoes (Vit C) Green Peas Ls Three Bean Salad Whole Grain Bread Fresh Orange Sections</p> <hr/> <p>Corn Soup Sliced Pork w/ Cabbage & Barbecue Tofu White & Brown Rice Steamed Yu Choy Stir Fried Pumpkin w/ Garlic Sauce Fresh Orange</p>	<p>8 Rosemary Chicken Rice Pilaf Fresh Sweet Potatoes Marinated Beet & Onion Salad Whole Grain Bread Sliced Peas</p> <hr/> <p>Wintermelon Soup Longli Fish w/ Miso Sauce White & Brown Rice Stir-Fried Bok Choy Steamed Broccoli & Cauliflower Pineapple Chunks</p>
<p>11 Pork Carnitas In Ls Sauce Baked Winter Squash Ls Refried Beans Spinach Salad W/ Mushrooms 1000 Island Dressing Flour Tortilla Sliced Honeydew</p> <hr/> <p>Spinach Soup Steamed Pork w/ Egg White Rice Stir-Fried Pumpkin w/ Garlic Sauce Steamed Corn & Peas Honeydew or Cantaloupe 6</p>	<p>12 Sliced Roast Turkey Fresh Sweet Potatoes Green Peas Garden Salad W/Red Cabbage French Dressing Whole Grain Bread Fresh Apple</p> <hr/> <p>Miso w/ Tofu Soup BBQ Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Sliced Carrots Stir Fried Yu Choy Fresh Orange</p>	<p>13 Albondigas Soup Steak Picado In Ls Sauce Roasted Potatoes Green Beans Carrot-Raisin Salad Flour Tortilla Citrus Fruit Salad</p> <hr/> <p>Creamy Corn Soup Mackerel White & Brown Rice Stir-Fried Cauliflower & Cabbage Lettuce w/ Oyster Sauce Sliced Peaches</p>	<p>14 Split Pea Soup Hawaiian Chicken Leg & Thigh Brown & White Rice Creamed Spinach Creamy Coleslaw Whole Grain Bread Fresh Banana</p> <hr/> <p>Tomato & Egg Soup Curry Chicken White Rice Bean Thread Vermicelli w/ Garlic & Cucumber Steamed Carrots & Bok Choy Pineapple Chunks</p>	<p>15 Sliced Roast Pork In Ls Gravy Mashed Potatoes (Vit C) Steamed Broccoli Pineapple Chunks Whole Grain Bread Custard</p> <hr/> <p>Hot & Sour Soup Soy Sauce Pork Ribs White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Dried Mushrooms Sliced Peas</p>
<p>18 Beef Tips W/ Mushrooms Rice Pilaf Mixed Vegetables Creamy Coleslaw Whole Grain Bread Gingered Peas</p> <hr/> <p>Pumpkin Soup BBQ Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Dry Bean Cube Cauliflower & Carrots Fresh Banana 1</p>	<p>19 Sweet Corn Soup Chicken Chow Mein Chow Mein Noodles Garlic Baby Bok Choy Spinach Salad W/ Mushrooms 1000 Island Dressing Sliced Peaches</p> <hr/> <p>Soybean Soup Longli Fish w/ Black Bean Sauce White Rice Stir Fried Napa Cabbage Corn & Broccoli Fresh Apple</p>	<p>20 Beef Barley Vegetable Soup Salmon In Ls Pesto Sauce Fresh Sweet Potato Corn Marinated Tomato, Onion & Green Pepper Salad Fresh Banana</p> <hr/> <p>Spinach Soup Steamed Pork w/ Egg White & Brown Rice Stir-Fried Pumpkin w/ Garlic Steamed Mixed Vegetables Sliced Honeydew or Cantaloupe</p>	<p>21 Orange Juice Swedish Meatballs Spiral Pasta Green Beans Caesar Salad Whole Grain Bread Fresh Apple</p> <hr/> <p>Miso Soup Tilapia White Rice Stir-Fried Celery & Cauliflower Sauteed Mustard Greens w/ Ginger, Egg Roll (1) Sliced Peas</p>	<p>22 CHRISTMAS MENU Crispy Herb Baked Chicken Brown Rice W/ Red Peppers & Green Onions Lima Beans Citrus Fruit Salad Dinner Roll W/ Margarine Cherry Pie</p> <hr/> <p>Egg Flower Soup Smoked Chicken White & Brown Rice Bok Choy w/ Garlic Seaweed Salad Fresh Orange</p>
<p>25  CENTERS CLOSED</p>	<p>26 Lentil Soup Hamburger Patty W/ Lettuce, Tomato & Onion Roasted Potatoes Carrot Coins Whole Grain Hamburger Bun Sliced Cantaloupe</p> <hr/> <p>Bok Choy Soup Kung Pao Chicken White Rice Carrots w/ Seaweed Steamed Yu Choy Sliced Honeydew or Cantaloupe</p>	<p>27 Turkey Ala King w/ Rice Pilaf Normandy Vegetables Tossed Salad W/ Red Cabbage & Radishes 1000 Island Dressing Biscuit Fresh Apple</p> <hr/> <p>Tomato & Egg Soup Tilapia White & Brown Rice Sauteed American Cabbage w/ Ginger Sauteed Green Beans Fresh Banana</p>	<p>28 Rosemary Chicken L&T Carrots And Broccoli Fresh Sweet Potatoes Gingered Peas Whole Grain Bread Fresh Banana</p> <hr/> <p>Wintermelon Soup Chicken Leg Quarter w/ Black Pepper Sauce White & Brown Rice Stir Fried Chinese Squash Bok Choy w/ Garlic Fresh Orange</p>	<p>29 NEW YEAR'S MENU Orange Juice Roast Pork W/ Apples Mashed Potatoes (Vit C) Corn Niblets Spinach Salad W/ Mushrooms Creamy Italian Dressing Whole Grain Bread Rice Pudding W/ Raisins</p> <hr/> <p>Soybean Soup Pork Vegetable Chow Mein Noodles (in entrée) Broccoli w/ Red Pepper Cucumber Salad Egg Roll (1) Sliced Peas</p>

SUBJECT TO CHANGE WITHOUT NOTICE * SUGGESTED DONATION \$3.00 *** 1% LOW FAT MILK INCLUDED**

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