



YWCA Senior Café - Live Oak Park Community Center
10144 BOGUE STREET, TEMPLE CITY RESERVATIONS: 626-579-0461

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  CENTERS CLOSED	2 Pork W/ Ls Gravy Fresh Sweet Potatoes Green Beans & Corn Gingered Pears Whole Grain Bread Custard <hr/> Miso Soup Steamed Pork w/ Egg White Rice Stir Fry Bok Choy Broccoli w/ Mushrooms Sliced Peaches or Seasonal Fruit	3 Orange Juice Oven Fried Chicken L&T In LS Gravy & Cornbread Stuffing Carrots Lettuce W/ Radish & Cucumber Salad Ranch Dressing Sliced Cantaloupe <hr/> Cabbage Soup Chicken w/ Cashews White & Brown Rice Stir-Fried Pumpkin Mustard Greens w/ Ginger Pineapple Chunks	4 Minestrone Soup Stuffed Bell Pepper Spanish Rice (White & Brown) Creamed Spinach Strawberry Gelatin W/ Pineapple Whole Grain Bread Orange Sections <hr/> Soybean Soup BBQ Pork w/ Rice Noodles Stir-Fried Cauliflower & Carrots Stir-Fried Chinese Melon w/ Garlic Fresh Banana	5 Creamy Ls Tomato Soup Tuna Salad Sandwich W/ Lettuce, Tomato & Onion Ls Three Bean Salad Marinated Beet & Onion Salad Creamy Coleslaw Whole Grain Bread (2 Sl) Fresh Banana <hr/> Pumpkin Soup Curry Chicken White/ Brown Rice Chinese Squash w/ Garlic Vermicelli w/Garlic & Cucumber Sauteed Green Beans Cantaloupe or Honeydew
8 Orange Juice Ls Bbq Pork Riblet Sandwich Creamed Spinach Baked Winter Squash Lettuce Salad Ranch Dressing Whole Grain Hamburger Bun Custard <hr/> Mixed Vegetable Soup Soy Sauce Pork w/ Egg White Rice Sauteed Mustard Greens w/ Ginger Cucumber Salad Pineapple Chunks	9 Hawaiian Chicken Leg & Thigh Rice Pilaf (Brown & White) Green Peas Creamy Coleslaw Whole Grain Bread Peaches <hr/> Hot & Sour Soup Tilapia w/ Black Bean Sauce White Rice Vermicelli w/ Carrots Steamed Cauliflower w/ Carrots Sauteed Green Beans Fresh Banana	10 Fish Vera Cruz In Ls Sauce W/ Tartar Sauce & Lemon Slice Fresh Sweet Potato Corn Apple Salad Flour Tortilla Gingered Pears <hr/> Creamy Corn Soup 2 Pig's Feet & Soy Sauce Egg w/ Carrots White & Brown Rice Seasoned Tofu w/ mushrooms Stir-Fried Green Chinese Cabbage Fresh Orange	11 Creamy Squash Soup Ls Sliced Turkey W/ Ls Gravy Cornbread Stuffing Hot Beets W/ Onions Carrot- Broccoli Slaw Fresh Banana <hr/> Seaweed Egg Soup Smoked Chicken White & Brown Rice Stir-Fried Bok Choy Stir-Fried Chinese Squash w/ garlic Fresh Apple	12 Navy Bean Soup Italian Meatballs Spaghetti In Ls Tomato Sauce Green Beans Lettuce W/ Tomato Salad Italian Dressing Whole Grain Bread Sliced Honeydew <hr/> Potato & Carrot Soup BBQ Pork w/ Tofu White & Brown Rice Sauteed Mustard Greens w/ Ginger Peas & Red Peppers Sliced Peaches or Seasonal Fruit
15  MARTIN LUTHER KING JR. DAY CENTERS CLOSED	16 Orange Juice Beef Fajitas In Ls Sauce Baked Winter Squash Ls Pinto Beans Tossed Salad W/ Radishes Flour Tortilla Fresh Banana <hr/> Soybean Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Vegetables w/ Cabbage, Bean Thread & Mushrooms Sliced Pears	17 Chicken Chop Suey Brown & White Rice Garlic Baby Bok Choy Chinese Cabbage Salad Oriental Dressing Whole Grain Bread Sliced Cantaloupe <hr/> Dry Bok Choy Soup Diced Chicken & Plain Noodles Stir-Fried Tomato w/ Egg & Onions Asian Cucumber Sliced Cantaloupe	18 Minestrone Soup Salisbury Steak In Ls Gravy Mashed Potatoes (Vit C) Green Peas Ls Three Bean Salad Whole Grain Bread Fresh Orange Sections <hr/> Corn Soup Sliced Pork w/ Cabbage & Barbecue Tofu White & Brown Rice Steamed Yu Choy Stir Fried Pumpkin w/ Garlic Sauce Fresh Orange	19 Rosemary Chicken L&T Rice Pilaf Fresh Sweet Potatoes Marinated Beet & Onion Salad Whole Grain Bread Sliced Pears <hr/> Wintermelon Soup Longli Fish w/ Miso Sauce White & Brown Rice Stir-Fried Bok Choy Steamed Broccoli & Cauliflower Pineapple Chunks
22 Pork Carnitas Baked Winter Squash Ls Refried Beans Spinach Salad W/ Mushrooms 1000 Island Dressing Flour Tortilla Sliced Cantaloupe <hr/> Spinach Soup Steamed Pork w/ Egg White Rice Stir-Fried Pumpkin w/ Garlic Sauce Steamed Corn & Peas Honeydew or Cantaloupe	23 Salmon In Ls Pesto Sauce Fresh Sweet Potatoes Green Peas Garden Salad W/Red Cabbage French Dressing Whole Grain Bread Fresh Apple <hr/> Miso w/ Tofu Soup BBQ Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Sliced Carrots Stir Fried Yu Choy Fresh Orange	24 Albondigas Soup Beef Fajitas In Ls Sauce Roasted Potatoes Green Beans Carrot-Raisin Salad Flour Tortilla Citrus Fruit Salad <hr/> Creamy Corn Soup Mackerel & White/Brown Rice Stir-Fried Cauliflower & Cabbage Lettuce w/ Oyster Sauce Sliced Peaches	25 Split Pea Soup Hawaiian Leg & Thigh Brown & White Rice Creamed Spinach Creamy Coleslaw Whole Grain Bread Fresh Banana <hr/> Tomato & Egg Soup Curry Chicken & White Rice Bean Thread Vermicelli w/ Garlic & Cucumber Steamed Carrots & Bok Choy Pineapple Chunks	26 Sliced Roast Pork In Ls Gravy Mashed Potatoes (Vit C) Steamed Broccoli Pineapple Chunks Whole Grain Bread Custard <hr/> Hot & Sour Soup Soy Sauce Pork Ribs White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Vegetables Sliced Pears
29 Beef Tips W/ Mushrooms In Ls Gravy Rice Pilaf Mixed Vegetables Creamy Coleslaw Whole Grain Bread Gingered Pear <hr/> Pumpkin Soup BBQ Chicken Leg & Thigh White & Brown Rice Stir-Fried Bean Sprouts w/ Dry Bean Cube Cauliflower & Carrots Fresh Banana	30 Sweet Corn Soup & Crackers Chicken Chow Mein Chow Mein Noodles Garlic Baby Bok Choy Spinach Salad W/ Mushrooms 1000 Island Dressing Peaches <hr/> Soybean Soup Longli Fish w/Black Bean Sauce White Rice Stir Fried Napa Cabbage Corn & Broccoli Fresh Apple	31 Beef Barley Vegetable Soup Pork Loin Roast In Ls Gravy Fresh Sweet Potatoes Corn Marinated Tomato, Onion & Green Pepper Salad Fresh Banana <hr/> Spinach Soup Steamed Pork w/ Egg White & Brown Rice Stir-Fried Pumpkin w/ Garlic Steamed Mixed Vegetables Sliced Honeydew/ Cantaloupe	Administered by YWCA San Gabriel Valley & the Inland Communities And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended. YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasgv	

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