



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
			1 Orange Juice Swedish Meatballs Spiral Pasta Green Beans Caesar Salad Whole Grain Bread Fresh Apple	2 Chicken Fajitas Tex-Mex Brown & White Rice Ls Black Beans Lettuce W/Radish & Cucumber Ranch Dressing Flour Tortilla Citrus Fruit Cup
5 Orange Juice Pork Lo Mein In Ls Sauce Lo Mein Noodles Baked Winter Squash Tossed Salad W/ Mushrooms French Dressing Cinnamon Applesauce	6 Lentil Soup Hamburger Patty W/ Lettuce, Tomato, Onion Roasted Potatoes Carrot Coins Whole Grain Hamburger Bun Sliced Cantaloupe	7 Sliced Roast Turkey In Ls Gravy W/ Cranberry Garnish Rice Pilaf Green Peas Apple Salad Whole Grain Bread Fresh Orange Sections	8 Rosemary Chicken Leg & Thigh In Ls Sauce Carrots & Broccoli Fresh Sweet Potatoes Gingered Pears Whole Grain Bread Fresh Banana	9 Creamy Squash Soup Italian Meatloaf W/Gravy Mashed Potatoes (Vit C) Corn Nibbles Spinach Salad W/ Mushrooms Creamy Italian Dressing Fresh Apple
<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/ Garlic Sauce</i> <i>Pineapple Chunks</i>	<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 or Cantaloupe</i>	<i>Tomato & Egg Soup</i> <i>Tilapia</i> <i>White & Brown Rice</i> <i>Sauteed American Cabbage w/ Ginger</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i>	<i>Wintermelon Soup</i> <i>Chicken Leg Quarter w/ Black Pepper Sauce</i> <i>White & Brown Rice</i> <i>Stir Fried Chinese Squash</i> <i>Bok Choy w/ Garlic</i> <i>Fresh Orange</i>	<i>Soybean Soup</i> <i>Pork Vegetable Chow Mein Noodles (in entrée)</i> <i>Broccoli w/ Red Pepper</i> <i>Cucumber Salad</i> <i>Sliced Pears</i>
12 Chicken Cacciatore Spaghetti In Ls Tomato Sauce Green Peas Carrot-Broccoli Slaw Citrus Fruit Cup	13 Sliced Roast Pork In Ls Gravy Fresh Sweet Potatoes Green Beans & Corn Apple Salad Whole Grain Bread Custard	14 VALENTINE'S DAY Orange Juice Breaded Fish Fillet Cornbread Stuffing Carrots Lettuce W/Radish & Cucumber Ranch Dressing Whole Grain Bread Sliced Honeydew	15 Minestrone Soup Stuffed Bell Pepper Spanish Rice Creamed Spinach Strawberry Gelatin W/ Pineapple Whole Grain Bread Orange Sections	16 Creamy Ls Tomato Soup Tuna Salad Sandwich W/ Lettuce, Onion, Tomato Ls Three Bean Salad Marinated Beet & Onion Salad Creamy Coleslaw Whole Grain Hamburger Bun Fresh Banana
<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>	<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 Fruit</i>	<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>	<i>Soybean Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Stir-Fried Cauliflower & Carrots</i> <i>Stir-Fried Chinese Melon w/ Garlic</i> <i>Fresh Banana</i>	<i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White & Brown Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Vermicelli, Garlic & Cucumber</i> <i>Sauteed Green Beans</i> <i>Cantaloupe or Honeydew</i>
 CENTERS CLOSED	20 Hawaiian Chicken Leg & Thigh Rice Pilaf Green Peas Creamy Coleslaw Whole Grain Bread Peaches	21 Pork in LS Gravy Fresh Sweet Potatoes Corn Nibbles Apple Salad Whole Grain Bread Gingered Pears	22 Creamy Squash Soup Ls Sliced Turkey In Ls Gravy Cornbread Stuffing Hot Beets W/ Onions Carrot-Broccoli Slaw Fresh Banana	23 Navy Bean Soup Salmon in Pesto Sauce Spiral Pasta Green Beans Spinach salad w/ Mushrooms Italian Dressing Sliced Cantaloupe
	<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>	<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>	<i>Seaweed Egg Soup</i> <i>Smoked Chicken</i> <i>White & Brown Rice</i> <i>Stir-Fried Bok Choy</i> <i>Stir-Fried Chinese Squash w/ garlic</i> <i>Fresh Apple</i>	<i>Potato & Carrot Soup</i> <i>BBQ Pork w/ Tofu</i> <i>White & Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Peas & Red Peppers</i> <i>Sliced Peaches or Seasonal Fruit</i>
26 Creamy Ls Tomato Soup Ls Turkey Pieces In Ls Gravy Parsley Potatoes Carrot Coins Creamy Coleslaw Whole Grain Bread Apple Cobbler W/ Oatmeal Topping (1/2 Cup Fruit)	27 Orange Juice Beef Fajitas Baked Winter Squash Ls Pinto Beans Tossed Salad W/ Radishes Ranch Dressing Flour Tortilla Fresh Banana	28 Chicken Chop Suey Brown & White Rice Garlic Baby Bok Choy Chinese Cabbage Salad Oriental Dressing Whole Grain Bread Sliced Honeydew	<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/ywcasg</p>	
<i>Pumpkin Soup</i> <i>Curry Chicken</i> <i>White Rice</i> <i>Stir-Fried Red Carrots & Corn</i> <i>Sauteed Chinese Cabbage w/ Ginger, Egg Roll (1)</i> <i>Fresh Banana 5</i>	<i>Soybean Soup</i> <i>Baked Pork Rib</i> <i>White & Brown Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir-Fried Chinese Vegetables w/ American Cabbage, Bean</i> <i>Thread & Mushrooms</i> <i>Sliced Pears</i>	<i>Dry Bok Choy Soup</i> <i>Diced Chicken & Plain Noodles</i> <i>Stir-Fried Tomato w/ Egg & Onions</i> <i>Asian Cucumber</i> <i>Sliced Cantaloupe</i>		

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