

YWCA San Gabriel Valley - Senior Café Menu

➡ ➡ **IMPORTANT:** "YOUR CHOICE" MEALS WILL BE ORDERED BASED ON THE SELECTIONS MADE; OTHERWISE, FIRST COME, FIRST SERVED. YOU SHOULD KNOW THAT WE MAY NOT BE ABLE TO HONOR YOUR FIRST CHOICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SPLIT PEA SOUP ITALIAN SAUSAGE & GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE BROCCOLI & CARROTS LETTUCE & TOMATO SALAD ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	2 BERRY JUICE BEEF FAJITAS SPANISH RICE W/ 1/4 C WHITE & 1/4 C BROWN YELLOW & GREEN ZUCCHINI W/ TOMATO MEXICALI COLESLAW FLOUR TORTILLA W/ MARGARINE CUSTARD	3 YOUR CHOICE BROCCOLI & CHEESE SOUP ROAST TURKEY OR ROAST PORK W/ GRAVY MASHED POTATOES CREAMY SPINACH GARDEN SALAD W/ SHREDDED RED CABBAGE & RADISHES FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE CITRUS FRUIT CUP	4 POTATO & ONION SOUP TUNA SALAD SANDWICH W/ LETTUCE & TOMATO MAYO & MUSTARD PKTS. MACARONI SALAD THREE BEAN SALAD CARROT-RAISIN SALAD 2 SLICES WHEAT BREAD W/ MARGARINE FRESH SLICED CANTALOUPE
7 NAVY BEAN SOUP SLOPPY JOES CHEESY MACARONI BROCCOLI W/ RED PEPPERS LETTUCE & TOMATO SALAD W/ RANCH DR. WHOLE GRAIN WHEAT HAMBURGER BUN W/ MARGARINE CINNAMON APPLESAUCE	8 YOUR CHOICE ORANGE JUICE OVEN FRIED CHICKEN LEG & THIGH OR WHITE FISH W/ LEMON SAUCE & TARTAR PACKET RICE PILAF LIMA BEANS & CARROTS CREAMY COLESLAW CORN BREAD W/ MARG. CHOCOLATE PUDDING	9 CHICKEN NOODLE SOUP PORK CHOP W/ GRAVY SWEET POTATO GREEN PEAS TOSSED SALAD W/ MUSHROOMS CREAMY ITALIAN DR. WHOLE GRAIN ROLL W/ MARGARINE CITRUS FRUIT CUP	10 BEEF STEW BOILED POTATOES STEW VEGETABLES BROCCOLI SLAW DINNER ROLL W/ MARGARINE PEACH COBBLER W/ OATMEAL CRUMB TOPPING	11 MINSTRONE SOUP W/ 1/2 C VEGETABLES MEATLOAF W/ BROWN GRAVY MASHED POTATOES NORMANDY VEGETABLES LETTUCE SALAD W/ 1/4 C ORANGE CHUNKS FRENCH DRESSING FRENCH BREAD W/ MARGARINE FRESH APPLE
14 NAVY BEAN SOUP HOT SLICED TURKEY SANDWICH CRANBERRY SAUCE MASHED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE APPLE PIE	15 STUFFED BELL PEPPER POTATOES AU GRATIN MIXED VEGETABLES GARDEN SALAD W/ TOMATO CHUNKS FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE CITRUS FRUIT CUP	16 ALBONDIGAS SOUP STEAK PICADA TEX-MEX RICE PINTO BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FLOUR TORTILLA W/ MARGARINE SLICED HONEYDEW	17 BARBECUE PORK RIBBLET SANDWICH ROASTED POTATOES CORN NIBBLETS BROCCOLI SLAW WHOLE WHEAT HAMBURGER BUN W/ MARGARINE AMBROSIA	18 SOUP & SUB CHICKEN VEGETABLE BARLEY SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES MACARONI SALAD THREE BEAN SALAD HOAGIE ROLL W/ MARG. ORANGE SECTIONS
21 BERRY JUICE SALISBURY STEAK W/ BROWN GRAVY SCALLOPPED POTATOES PEAS & CARROTS ROMAINE SALAD 1/2 C W/ MUSHROOMS CREAMY ITALIAN DR. FRENCH BREAD W/ MARG OATMEAL RAISIN COOKIES	22 ALBONDIGAS SOUP TOSTADA SALAD 1/2 BROWN RICE & 1/2 WHITE RICE REFRIED BEANS SHREDDED CHEESE LETTUCE, TOMATO CHUNKS, BLACK OLIVES, CREAMY FRENCH DRESSING SALSA, SOUR CREAM TORTILLA CHIPS ORANGE SECTIONS	23 SPLIT PEA SOUP ROAST PORK W/ GRAVY SWEET POTATOES GREEN BEANS W/ ALMONDS MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH BANANA	24 BEEF BARLEY VEGETABLE SOUP OVEN BAKED CHICKEN LEG & THIGH W/ GRAVY MASHED POTATOES CORN & LIMA BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE PUDDING	25 YOUR CHOICE CREAMY CORN & HAM SOUP ROAST TURKEY W/ GRAVY OR FISH VERA CRUZ W/ TARTAR PKT. OVEN ROASTED POTATOES MIXED VEGETABLES BROCCOLI SLAW DINNER ROLL W/ MARG. SLICED CANTALOUPE
28 VEGETABLE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGGIES GARDEN SALAD W/ GREEN PEPPERS & RADISHES FRENCH DRESSING WHEAT BREAD W/ MARG. APPLE COBBLER W/ OATMEAL CRUMB TOPPING	29 PINEAPPLE JUICE ROAST BEEF W/ GRAVY MASHED POTATOES GREEN PEAS & CARROTS TOSSED SALAD W/ RED CABBAGE & MUSHROOMS 1000 ISLAND DRESSING WHOLE GRAIN ROLL W/ MARGARINE GINGERED PEARS	30 NAVY BEAN SOUP SANTA FE CHICKEN SALAD W/ CHICKEN STRIPS, EGG GARNISH, CHEESE BLACK BEANS & WHOLE KERNEL CORN CARROT-PINEAPPLE SALAD LETTUCE W/ TOMATO CHUNKS, BLACK OLIVES, GREEN PEPPER RINGS, CILANTRO RANCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS	<p><i>Administered by</i> <u>YWCA San Gabriel Valley Senior Services</u> <i>and funded in part by the Los Angeles</i> <i>County Area Agency on Aging through the</i> <i>Older Americans Act of 1965 as amended.</i> Administrative offices at 943 North Grand Avenue Covina, CA 91724-2046 Phone: 626-960-2995 Fax: 626-814-0447 email: intervale@ywcasgv.org www.ywcasgv.org</p>	

SUBJECT TO CHANGE WITHOUT NOTICE *** SUGGESTED DONATION \$2.00 *** LOW FAT MILK INCLUDED