

YWCA Senior Café - Live Oak Park Community Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Mandarin Beef Brown & White Rice Steamed Broccoli* Chinese Cabbage Salad Oriental Dressing Whole Grain Bread Gingered Pears</p> <hr/> <p>Egg Flower Soup Longli Fish w/Black Bean Sauce Brown & White Rice Stir Fried Napa Cabbage Corn & Broccoli Apple</p>	<p>3 4TH OF JULY PICNIC Beef Barley Vegetable Soup Submarine Sandwich W/ Lettuce & Tomato Macaroni Salad Sunset Salad** Whole Grain Hoagie Roll Sliced Honeydew*</p> <hr/> <p>Spinach Soup Pork Vegetable Chow Mein Broccoli w/ Red Pepper Cucumber Salad Sliced Pears</p>	<p>4  Centers Closed</p>	<p>5 Orange Juice* Chicken Fajitas In Ls Sauce Spanish Rice Ls Pinto Beans Carrot-Raisin Salad** Flour Tortilla Tapioca Pudding</p> <hr/> <p>Steamed Pork W/ Egg Brown & White Rice Stir Fried Pumpkin w/ Garlic Asian Cucumber Sliced Honeydew</p>	<p>6 Minestrone Soup Beef Lasagna Sweet Potato Spinach Salad W/ Mushrooms** Whole Grain Bread Banana</p> <hr/> <p>Creamy Corn Soup Diced Chicken & Plain Noodles Stir Fried Tomato w/ Egg & Onions Stir Fried Bok Choy Pineapple Chunks</p>
<p>9 Turkey Ala King Mashed Potatoes (Vit C)* Corn & Lima Beans Marinated Beet & Onion Salad Biscuit Pineapple Chunks*</p> <hr/> <p>Soybean Soup Baked Pork Rib Brown & White Rice Stir Fried Cauliflower & Carrots Chinese Cabbage w/ Garlic Banana</p>	<p>10 Egg Flower Soup Ls Sweet & Sour Pork Brown & White Rice Garlic Baby Bok Choy*** Lime Gelatin W/ Pears Whole Grain Bread Orange Sections*</p> <hr/> <p>Miso Soup Mackerel White Rice Stir Fried Bok Choy Seaweed Salad Sliced Cantaloupe</p>	<p>11 Yankee Pot Roast Roasted Potatoes Baby Carrots** Marinated Tomato, Onion, & Green Pepper Salad Whole Grain Bread Sliced Cantaloupe* Wintermelon Soup Sliced Pork w/ Cabbage & Barbeque Tofu Brown & White Rice Mustard Greens w/ Ginger Stir Fried Chinese Vegetables Sliced Pears</p>	<p>12 Vegetable Soup Tuna Salad Sandwich Macaroni Salad Three Bean Salad Spinach Salad W/ Mushrooms** Citrus Fruit Cup*</p> <hr/> <p>Cabbage Soup Kung Pao Chicken White Rice Carrots w/ Seaweed Steamed Yu Choy Fresh Orange</p>	<p>13 Orange Juice* Tandoori Chicken Ls Black Beans Baked Winter Squash** Lettuce Salad Whole Grain Bread Custard</p> <hr/> <p>Bok Choy Soup Tilapia Brown & White Rice Stir Fried Celery & Cauliflower Sauteed Mustard Greens w/ Ginger Sliced Peaches</p>
<p>16 Creamy Tomato Soup Braised Beef Tips In Ls Gravy Brown & White Rice Sweet Potatoes*** Marinated Tomato, Onion, & Green Pepper Salad Orange Sections*</p> <hr/> <p>Cabbage Soup Chicken Leg Quarter w/ Black Pepper Sauce Brown & White Rice Stir Fried Bean Sprouts w/ sliced Carrots Stir Fried Yu Choy Fresh Orange</p>	<p>17 SOUP & SALAD Minestrone Soup & Crackers Santa Fe Chicken Salad Ls Black Beans & Whole Kernel Corn Lettuce Salad W/ Tomato Ranch Dressing Carrot-Raisin Salad** Flour Tortilla Sliced Cantaloupe*</p> <hr/> <p>Mixed Vegetable Soup BBQ Pork w/ Rice Noodles Stir Fried Pumpkin Mustard Greens w/ Ginger Fresh Banana</p>	<p>18 Orange Juice* Salmon In Ls Pesto Sauce Quinoa Spinach Sautee** Tossed Salad W/ Radish & Cucumber Whole Grain Bread Strawberry Gelatin W/ Pineapple</p> <hr/> <p>Creamy Corn Soup Chicken w/ Cashews Brown & White Rice Stir Fried Broccoli, Cauliflower, & Carrots Stir Fried Chinese Melon w/ Garlic Pineapple Chunks</p>	<p>19 Hawaiian Chicken Leg & Thigh Rice Pilaf Steamed Broccoli* Creamy Coleslaw* Whole Grain Bread Fresh Banana</p> <hr/> <p>Mushroom & Melon Soup Longli Fish w/ Miso Sauce Brown & White Rice Stir Fried Bok Choy Steamed Broccoli & Cauliflower Fresh Apple</p>	<p>20 Lentil Soup Hamburger Patty W/ Lettuce, Tomato, & Onion Parsley Potatoes Green Beans Marinated Beet & Onion Salad Whole Grain Hamburger Bun Sliced Honeydew*</p> <hr/> <p>Spinach Soup Soy Sauce Pork w/ Egg White Rice Cucumber Salad Stir Fried Tomato w/ Egg & Onions Sliced Honeydew</p>
<p>23 Chicken Chow Mein W/ Noodles Garlic Baby Bok Choy*** Chinese Cabbage Salad Oriental Dressing Whole Grain Bread Peach Cobbler W/ Oatmeal Topping</p> <hr/> <p>Corn Soup Tilapia w/ Black Bean Sauce Brown & White Rice Sauteed Green Beans Broccoli w/ Red Pepper Fresh Banana</p>	<p>24 Split Pea Soup Meatloaf In Ls Brown Gravy Mashed Potatoes (Vit C)* Corn Nibbles Spinach Salad W/ Mushrooms** /Italian Dressing Whole Grain Bread Citrus Fruit Cup* Seaweed Egg Soup Curry Chicken White Rice Stir Fried Celery & Cauliflower Steamed Carrots & Bok Choy Sliced Cantaloupe</p>	<p>25 Chicken Leg & Thigh In Wine Sauce Parsley Noodles Steamed Broccoli* Carrot-Raisin Salad** Whole Grain Dinner Roll Fresh Banana</p> <hr/> <p>Hot & Sour Soup Steamed Pork w/ Egg White Rice Chinese Squash w/ Garlic Mustard Greens w/ Ginger Fresh Orange</p>	<p>26 ENTRÉE SALAD Orange Juice* Tostada Salad- Ground Beef W/ Cheese & Salsa Ls Refried Beans Lettuce & Tomato Salad Ranch Dressing Tortilla Chips Custard</p> <hr/> <p>Potato & Carrot Soup Smoked Chicken Brown & White Rice Cauliflower & Cabbage Seaweed Salad Sliced Peaches</p>	<p>27 Albondigas Soup Fish Vera Cruz W/ Lemon Slice & Tartar Sauce Spanish Rice (Brown & White) Ls Pinto Beans Creamy Coleslaw* Flour Tortilla Fresh Apple</p> <hr/> <p>Pumpkin Soup Mackerel Brown & White Rice Bok Choy w/ Garlic Lettuce w/ Oyster Sauce Fresh Apple</p>
<p>30 Minestrone Soup & Crackers Beef Stroganoff Pasta Noodles Steamed Spinach** Carrot-Raisin Salad** Whole Grain Bread Sliced Cantaloupe*</p>	<p>31 Orange Juice* Rosemary Chicken Rice Pilaf (Brown & White) Baked Winter Squash** Greek Salad Pita Bread Sliced Peaches</p>	<p>Administered by YWCA San Gabriel Valley And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.</p>		

Soybean Soup
Chicken w/ Cashews
White Rice
Stir Fried Pumpkin
Steamed Cauliflower w/
Carrots
Pineapple Chunks

Dry Bok Choy Soup
BBQ Pork w/ Tofu
Brown & White Rice
Sauteed Mustard Greens
w/ Ginger
Stir Fried Chinese
Cabbage w/ Garlic
Sliced Peaches



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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