

YWCA Senior Café - Live Oak Park Community Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Turkey Ala King Mashed Potatoes (Vit C) Corn & Lima Beans Marinated Beet & Onion Salad Biscuit Pineapple Chunks</p> <p><i>Soybean Soup Baked Pork Rib Brown & White Rice Stir Fried Cauliflower Broccoli in Garlic Sauce Fresh Banana</i></p>	<p>2 Egg Flower Soup Ls Sweet & Sour Pork Brown & White Rice Garlic Baby Bok Choy Lime Gelatin W/ Pears Whole Grain Bread Orange Sections</p> <p><i>Miso Soup Smoked Chicken White Rice Stir Fried Bok Choy Seaweed salad Sliced Honeydew</i></p>	<p>3 Yankee Pot Roast Roasted Potatoes Baby Carrots Marinated Tomato, Onion, & Green Pepper Salad Whole Grain Bread Sliced Cantaloupe</p> <p><i>Wintermelon Soup Sliced Pork w/ Cabbage & BBQ Tofu Brown & White Rice Peas & Red Peppers Stir Fried Chinese Vegetables Sliced Pears in Juice</i></p>	<p>4 OKTOBERFEST Orange Juice Knockwurst W/ Mustard & Sauerkraut German Potato Salad Spinach Salad W/ Mushrooms Whole Grain Hot Dog Bun Custard</p> <p><i>Cabbage Soup Kung Pao Chicken White Rice Carrots w/ Seaweed Steamed Yu Choy Fresh Orange</i></p>	<p>5 Roasted Chicken In Ls Gravy Ls Black Beans Broccoli Lettuce Salad W/ Red Cabbage & Carrot Ranch Dressing Whole Grain Bread Apple Cobbler W/ Oatmeal Topping (1/2 C Fruit)</p> <p><i>Bok Choy Soup Tilapia Brown & White Rice Stir Fried Celery & Cauliflower Mustard Greens w/ Ginger Sliced Pears</i></p>
<p>8 Creamy Tomato Soup Braised Beef Tips In Ls Gravy Brown & White Rice Sweet Potatoes Marinated Tomato, Onion, & Green Pepper Salad Sliced Pears</p> <p><i>Cabbage Soup Chicken Leg Quarter w/ Black Pepper Sauce Brown & White Rice Bean Sprouts w/ sliced carrots Stir Fried Yu Choy Pineapple Chunks</i></p>	<p>9 Ls Turkey Oriental W/ Spaghetti Noodles Peas W/ Mushrooms Carrot-Broccoli Slaw Apple Salad</p> <p><i>Mixed Vegetable Soup BBQ Pork w/ Rice Noodles Stir Fried Pumpkin Mustard Greens w/ Ginger Fresh Orange</i></p>	<p>10 Orange Juice Salmon In Lemon-Dill Sauce Quinoa Spinach Sautee Tossed Salad W/ Radish & Cucumber Whole Grain Bread Strawberry Gelatin W/ Pineapples</p> <p><i>Creamy Corn Soup Chicken w/ Cashews Brown & White Rice Stir Fried Cauliflower & Carrots Chinese Melon w/ Garlic Fresh Banana</i></p>	<p>11 Hawaiian Chicken Leg & Thigh Rice Pilaf Steamed Broccoli Creamy Coleslaw Whole Grain Bread Fresh Banana</p> <p><i>Mushroom & Melon Soup Longli Fish w/ Miso Sauce Brown & White Rice Stir Fried Bok Choy Steamed Broccoli Fresh Apple</i></p>	<p>12 Lentil Soup Hamburger Patty W/ Lettuce, Tomato, And Onion Slices Parsley Potatoes Green Beans Marinated Beet & Onion Salad Whole Grain Hamburger Bun Sliced Honeydew</p> <p><i>Spinach Soup Soy Sauce Pork w/ Egg White Rice Cucumber Salad Stir Fried Tomato w/ Egg & onions Sliced Cantaloupe</i></p>
<p>15 Chicken Chow Mein In Ls Sauce W/ Noodles Garlic Baby Bok Choy Chinese Cabbage Salad Oriental Dressing Peach Cobbler W/ Oatmeal Topping (1/2 C Fruit)</p> <p><i>Corn Soup Tilapia w/ Black Bean Sauce Brown & White Rice Sauteed Green Beans Broccoli w/ Red Pepper Fresh Banana</i></p>	<p>16 Split Pea Soup Meatloaf In Ls Brown Gravy Mashed Potatoes (Vit C) Corn Nibbles Spinach Salad W/ Mushrooms Whole Grain Bread Fruit Cup</p> <p><i>Seaweed Egg Soup Curry Chicken w/ White Rice Stir Fried Celery & Cauliflower Steamed Carrots & Bok Choy Sliced Cantaloupe</i></p>	<p>17 Chicken Leg & Thigh In Wine Sauce Parsley Noodles Steamed Broccoli Three Bean Salad Whole Grain Dinner Roll Fresh Banana</p> <p><i>Hot & Sour Soup Steamed Pork w/ Egg White Rice Chinese Squash w/ Garlic Mustard Greens w/ Ginger Fresh Orange</i></p>	<p>18 Orange Juice Beef Stew Boiled Potatoes & Carrots Tossed Garden Salad French Dressing Whole Grain Bread Lemon Pudding</p> <p><i>Potato & Carrot Soup Smoked Chicken w/ Brown & White Rice Stir Fry Cauliflower & Cabbage Seaweed Salad Sliced Peaches in juice</i></p>	<p>19 Albondigas Soup Chile Verde Pork Spanish Rice Ls Pinto Beans Creamy Coleslaw Flour Tortilla Fresh Apple</p> <p><i>Pumpkin Soup Mackerel Brown & White Rice Bok Choy W/ Garlic Lettuce w/ Oyster Sauce Fresh Apple</i></p>
<p>22 Minestrone Soup Beef Stroganoff In Ls Sauce W/ Pasta Noodles Steamed Spinach Carrot-Raisin Salad Whole Grain Bread Sliced Cantaloupe</p> <p><i>Mixed Vegetable Soup Chicken w/ Cashews White Rice Stir Fried Pumpkin Steamed Cauliflower w/ Carrots Pineapple Chunks</i></p>	<p>23 Orange Juice Rosemary Chicken Rice Pilaf Baked Winter Squash Greek Salad W/ Vinaigrette Pita Bread Chocolate Pudding</p> <p><i>Dry Bok Choy Soup BBQ Pork w/ Tofu Brown & White Rice Mustard Greens w/ Ginger Chinese Cabbage w/ Garlic Sliced Peaches in juice</i></p>	<p>24 Pork Carnitas In Ls Sauce Ls Refried Beans Carrot Coins Pineapple Coleslaw Flour Tortilla Cinnamon Applesauce</p> <p><i>Soybean Soup Kung Pao Chicken White Rice Steamed Broccoli w/Cauliflower Asian Cucumber Fresh Banana</i></p>	<p>25 Creamy Squash Soup Salmon In Pesto Sauce Mashed Sweet Potatoes Green Peas Spinach Salad W/ Mushrooms Whole Grain Bread Pineapple Chunks</p> <p><i>Wintermelon Soup Soy Sauce Pork Ribs Brown & White Rice Steamed Carrots & Corn Stir Fried Chinese Vegetables Sliced Honeydew</i></p>	<p>26 Ls Spaghetti & Meatballs Steamed Broccoli Tossed Salad W/ Radish & Cucumber French Dressing Whole Grain Bread Gingered Pears</p> <p><i>Miso Soup Chicken Leg Quarter w/ Black Pepper Sauce Brown & White Rice Seasoned Tofu w/ Mushrooms Pumpkin w/ Garlic Sauce Fresh Orange</i></p>
<p>29 Vegetable Soup Submarine Sandwiches W/ Roast Beef, Turkey, & Jack Cheese Potato Salad Lettuce & Tomato Slice Marinated Beet & Onion Salad Whole Grain Hoagie Roll Fresh Orange Sections</p> <p><i>Spinach Soup Two Pigs Feet & Soy Sauce Egg White Rice Mustard Greens W/ Ginger Seaweed Salad Sliced Peaches in juice</i></p>	<p>30 Sliced Roast Pork In Ls Gravy Parsley Noodles Green Beans Carrot-Broccoli Slaw Whole Grain Bread Fresh Apple</p> <p><i>Mushroom & Melon Soup Tilapia w/ Brown & White Rice Stir Fried Bok Choy Sautéed Green Beans Fresh Banana</i></p>	<p>31 HALLOWEEN 🍊 Orange Juice Sliced Roast Beef W/ Ls Gravy Mashed Potatoes (Vit C) Peas Garden Salad W/ Ranch Dressing Pumpkin Custard</p> <p><i>Tomato & Egg Soup BBQ Pork w/ Rice Noodles Stir Fried Pumpkin w/ Garlic Sauce Steamed Corn & Peas Sliced Cantaloupe</i></p>	<p>Administered by <u>YWCA San Gabriel Valley</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 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447</p> <p>email: seniorservices@ywcasgv.org facebook.com/ywcasgv</p>	

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