

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Chow Mein Garlic Baby Bok Choy Chinese Cabbage Salad W/ Asian Dressing Whole Grain Bread Orange Sections <hr/> <i>Corn Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Sauteed Green Beans</i> <i>Broccoli w/ Red Pepper</i> <i>Fresh Banana</i>	2 Meatloaf In Ls Brown Gravy Mashed Potatoes Corn Nibbles Spinach Salad W/ Mushrooms & Italian Dressing Whole Grain Bread Fruit Cup <hr/> <i>Hot & Sour Soup</i> <i>Curry Chicken</i> <i>Brown & White Rice</i> <i>Bean Sprouts w/ Dry Bean Curd</i> <i>Steamed Carrots & Bok Choy</i> <i>Sliced Honeydew or Cantaloupe</i>	3 Ls Creamy Squash Soup Chicken In Wine Sauce Parsley Noodles Steamed Broccoli Ls Three Bean Salad Whole Grain Dinner Roll Fresh Banana <hr/> <i>Pumpkin Soup</i> <i>Steamed Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Mustard Greens w/ Ginger</i> <i>Fresh Orange</i>	4 Orange Juice Beef Stew Boiled Potatoes & Carrots Tossed Garden Salad W/ French Dressing Whole Grain Bread Lemon Pudding <hr/> <i>Potato & Carrot Soup</i> <i>Smoked Chicken</i> <i>Brown & White Rice</i> <i>Stir Fried Cauliflower</i> <i>Seaweed Salad</i> <i>Sliced Peaches</i>	5 Ls Lentil Soup Fish Vera Cruz Spanish Rice (Brown & White) Ls Pinto Beans Creamy Coleslaw Flour Tortilla Fresh Apple <hr/> <i>Seaweed Egg Soup</i> <i>Mackerel Baked Pork Rib</i> <i>Brown & White Rice</i> <i>Bok Choy w/ Garlic</i> <i>Lettuce w/ Oyster Sauce</i> <i>Fresh Apple</i>
8 Ls Minestrone Soup Beef Stroganoff W/ Noodles Steamed Spinach Carrot-Raisin Salad Whole Grain Bread Sliced Cantaloupe <hr/> <i>Hot & Sour Soup</i> <i>Chicken w/ Cashews</i> <i>Brown & White Rice</i> <i>Stir Fried Pumpkin</i> <i>Steamed Cauliflower w/ Carrots</i> <i>Pineapple Chunks</i>	9 Orange Juice Rosemary Chicken & Quinoa Baked Winter Squash Greek Salad W/ Tomato, Cucumber, & Feta Cheese Vinaigrette Dressing Pita Bread Chocolate Pudding <hr/> <i>Dry Bok Choy Soup</i> <i>BBQ Pork w/ Tofu</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Chinese Cabbage w/ Garlic</i> <i>Sliced Peaches</i>	10 Pork Carnitas Spanish Rice Ls Pinto Beans Carrot Coins Pineapple Coleslaw Flour Tortilla Cinnamon Applesauce <hr/> <i>Soybean Soup</i> <i>Kung Pao Chicken</i> <i>Brown & White Rice</i> <i>Steamed Broccoli</i> <i>Asian Cucumber</i> <i>Fresh Banana</i>	11 Ls Sweet Corn Soup Ls Sliced Turkey w/ LS Gravy Mashed Sweet Potatoes Green Peas Spinach Salad W/ Mushrooms & Italian Dressing Whole Grain Bread Pineapple Chunks <hr/> <i>Spinach Soup</i> <i>Soy Sauce Pork Ribs</i> <i>Brown & White Rice</i> <i>Steamed Carrots & Corn</i> <i>Stir Fried Tomato w/Egg & Onions</i> <i>Sliced Honeydew or Cantaloupe</i>	12 Salmon In Pesto Sauce Spaghetti In Italian Sauce Steamed Broccoli Tossed Salad W/ Radish & Cucumber French Dressing Whole Grain Bread Gingered Pears <hr/> <i>Miso Soup</i> <i>Chicken Leg Quarter w/ Black Pepper Sauce</i> <i>Seasoned Tofu w/ Mushrooms</i> <i>Stir Fried Pumpkin w/ Garlic</i> <i>Fresh Orange</i>
15 Ls Lentil Soup Ls Turkey & Cheese Sandwich Mayo & Mustard Lettuce & Tomato Slice Potato Salad Marinated Beet & Onion Salad Whole Grain Hoagie Roll Fresh Orange Sections <hr/> <i>Spinach Soup</i> <i>Two Pigs Feet & Soy Sauce Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Seaweed Salad</i> <i>Sliced Peaches in juice</i>	16 Sliced Roast Pork In Ls Gravy Parsley Noodles Green Beans Carrot-Broccoli Slaw Whole Grain Bread Fresh Apple <hr/> <i>Mushroom & Melon Soup</i> <i>Tilapia</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Sauteed Green Beans</i> <i>Fresh Banana</i>	17 Orange Juice Salisbury Steak In Ls Gravy Fresh Sweet Potato Green Peas Garden Salad W/ Ranch Dressing Whole Grain Bread Sliced Pears <hr/> <i>Tomato & Egg Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Stir Fried Pumpkin w/ Garlic</i> <i>Steamed Corn & Peas</i> <i>Fresh Orange</i>	18 Ls Chinese Vegetable Soup Pork Lo Mein W/ Noodles Garlic Baby Bok Choy Strawberry Gelatin W/ Peaches Fresh Banana <hr/> <i>Hot & Sour Soup</i> <i>Curry Chicken</i> <i>Brown & White Rice</i> <i>American Cabbage w/ Ginger</i> <i>Chinese Squash w/ Garlic</i> <i>Fresh Apple</i>	19 Herbed Tilapia Rice Pilaf Carrots Marinated Tomato, Onion, & Green Pepper Salad Whole Grain Bread Sliced Honeydew <hr/> <i>Creamy Corn Soup</i> <i>Sliced Pork w/ Cabbage & Barbeque Tofu</i> <i>Brown & White Rice</i> <i>Steamed Yu Choy</i> <i>Carrots w/ Seaweed</i> <i>Sliced Honeydew or Cantaloupe</i>
22 EASTER MONDAY Orange Juice Roast Beef W/ Ls Gravy Fresh Sweet Potatoes Green Peas Zucchini Corn Pepper Salad Whole Grain Roll Coconut Cake W/ Frosting <hr/> <i>Egg Flower Soup</i> <i>Longli Fish w/Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Corn</i> <i>Fresh Apple</i>	23 Ls Creamy Tomato Soup Ls Sliced Turkey In Ls Gravy Mashed Potatoes Mixed Vegetables Lettuce Salad W/ Radish & Cucumber & Ranch Dressing Whole Grain Roll Fresh Banana <hr/> <i>Spinach Soup</i> <i>Pork Vegetable Chow Mein</i> <i>Broccoli w/ Red Pepper</i> <i>Cucumber Salad</i> <i>Sliced Pears</i>	24 Ls Bbq Pulled Pork Sandwiches Steamed Cauliflower Baked Winter Squash Creamy Coleslaw Whole Grain Bun Apple Salad <hr/> <i>Seaweed Egg Soup</i> <i>BBQ Chicken Leg & Thigh</i> <i>Brown & White Rice</i> <i>Bean Sprouts w/ Dry Bean Curd</i> <i>Mustard Greens w/ Ginger</i> <i>Fresh Banana</i>	25 Orange Juice Ls Chicken Fajitas Spanish Rice Ls Pinto Beans Carrot-Raisin Salad Flour Tortilla Tapioca Pudding <hr/> <i>Hot & Sour Soup</i> <i>Steamed Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Stir Fried Pumpkin w/ Garlic</i> <i>Asian Cucumber</i> <i>Sliced Honeydew or Cantaloupe</i>	26 Ls Split Pea Soup Beef Lasagna Green Beans Spinach Salad W/ Mushrooms Italian Dressing Whole Grain Bread Pineapple Chunks <hr/> <i>Creamy Corn Soup</i> <i>Diced Chicken & Plain Noodles</i> <i>Sauteed Green Beans</i> <i>Stir Fried Bok Choy</i> <i>Pineapple Chunks</i>
29 Turkey Ala King Mashed Potatoes Corn Nibbles Tossed Green Salad W/ French Dressing Whole Grain Bread Fresh Apple <hr/> <i>Soybean Soup</i> <i>Baked Pork Rib</i> <i>Brown & White Rice</i> <i>Stir Fried Cauliflower</i> <i>Broccoli in Garlic Sauce</i> <i>Fresh Banana</i>	30 Ls Chinese Vegetable Soup Ls Sweet & Sour Pork Brown & White Rice Garlic Baby Bok Choy Cabbage Salad W/ Asian Dressing Fresh Orange Sections <hr/> <i>Miso Soup</i> <i>Smoked Chicken</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Seaweed Salad</i> <i>Sliced Honeydew or Cantaloupe</i>			<p style="text-align: center;">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> <p style="text-align: center;">YWCA San Gabriel Valley 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447</p> <p style="text-align: center;">email: info@ywcasgv.org www.facebook.com/ywcasgv www.instagram.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

Special note: Fish may contain residual bones after preparation. Please use caution.