

YWCA San Gabriel Valley Senior Café - San Gabriel Senior Center

324 South Mission Drive, San Gabriel ♦ Reservations from 10 AM to Noon: 626-308-2823

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fajitas Tex-Mex Brown & White Rice Ls Pinto Beans Marinated Tomato, Onion & Green Pepper Salad Flour Tortilla Citrus Fruit Cup	2 Salmon In Ls Pesto Sauce Fresh Sweet Potatoes Mixed Vegetables Lettuce W/ Radishes & Mushrooms Salad Whole Grain Bread Fresh Apple	3 Swedish Meatballs W/ Sour Cream In Ls Sauce Spiral Pasta Green Beans Caesar Salad W/ Dressing Whole Grain Bread Fresh Orange	4 Chicken Chop Suey In Ls Sauce Brown & White Rice Garlic Baby Bok Choy Lemon Gelatin W/ Pineapple Chunks Sliced Peaches
	Soybean Soup Longli Fish w/ Black Bean Sauce & White Rice Stir Fried Napa Cabbage Corn & Broccoli Fresh Apple	Vegetable Soup Steamed Pork w/ Egg White & Brown Rice Stir-Fried Pumpkin w/ Garlic Steamed Mixed Vegetables Sliced Honeydew /Cantaloupe	Miso Soup Tilapia & White Rice Stir-Fried Celery & Cauliflower Sautéed Mustard Greens w/ Ginger, Egg Roll (1) Sliced Pears	Egg Flower Soup Smoked Chicken White & Brown Rice Bok Choy w/ Garlic Seasoned Tofu w/ Mushrooms Fresh Orange
7 Orange Juice Sweet & Sour Pork Baked Winter Squash Green Beans W/ Red Peppers Lettuce W/ Tomato Salad Whole Grain Bread Cinnamon Applesauce	8 Hamburger Patty W/ Ketchup, Mustard, & Relish Lettuce, Tomato & Onion Parsley Potatoes Carrot Coins Macaroni Salad Whole Grain Hamburger Bun Cantaloupe	9 Submarine Sandwich W/ Roast Beef, Turkey, & .5 Oz Jack Cheese Creamy Coleslaw Spinach Salad W/ Mushrooms Carrot Raisin Salad Hoagie Roll Fresh Orange	10 Rosemary Chicken Leg & Thigh In Ls Sauce Hot Harvard Beets Fresh Sweet Potatoes Broccoli Slaw Whole Grain Bread Gingered Pears	 Thank you, Veterans!
Mushroom & Melon Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Cabbage w/ Garlic Sauce Pineapple Chunks	Bok Choy Soup Kung Pao Chicken White Rice Carrots w/ Seaweed Steamed Yu Choy Fresh Sliced Honeydew or Cantaloupe	Tomato & Egg Soup Tilapia White & Brown Rice Sautéed American Cabbage w/ Ginger Sautéed Green Beans Fresh Banana	Wintermelon Soup Chicken Leg Quarter w/ Black Pepper Sauce White & Brown Rice Steamed Corn Bok Choy w/ Garlic Fresh Orange	
14 Oven Fried Chicken W/ Ls Gravy Roasted Potatoes Green Peas Carrot- Broccoli Slaw Whole Grain Bread Citrus Fruit Cup	15 Roast Pork W/ Ls Gravy Fresh Sweet Potatoes Green Beans & Corn Apple Salad Whole Grain Bread Lemon Pudding	16 Chicken Cacciatore Buttered Egg Noodles Carrots Lettuce W/ Radishes & Cucumber Salad Ranch Dressing Cantaloupe	17 Stuffed Bell Pepper Broccoli Baked Winter Squash Strawberry Gelatin W/ Pineapple Whole Grain Bread Orange Sections	18 Tuna Salad Sandwich W/ Lettuce, Onion & Tomato Macaroni Salad Three Bean Salad Creamy Coleslaw Whole Grain Bread Pineapple Chunks
Potato & Carrot Soup Mackerel White & Brown Rice Stir-Fried Celery & Cauliflower Seaweed Salad Fresh Orange	Miso Soup Steamed Pork w/ Egg White Rice Steamed Carrots & Bok Choy Seasoned Tofu w/ Mushrooms Pineapple Chunks	Tofu & Cabbage Soup Chicken w/ Cashews White & Brown Rice Stir-Fried Pumpkin Mustard Greens w/ Ginger Sliced Peaches or Seasonal Fruit	Soybean Soup BBQ Pork w/ Rice Noodles Stir-Fried Broccoli, Cauliflower & Carrots Stir-Fried Chinese Melon w/ Garlic Fresh Banana	Pumpkin Soup Curry Chicken White & Brown Rice Chinese Squash w/ Garlic Vermicelli, Garlic & Cucumber Sautéed Green Beans Cantaloupe or Honeydew
21 Italian Meatballs W/ Ls Tomato Sauce Italian Spaghetti Normandy Vegetables Tossed Salad W/ Sliced Radishes & Cucumber Italian Dressing Gingered Pears	22 Hawaiian Chicken W/ Sauce Rice Pilaf Ls Black Beans Creamy Coleslaw Whole Grain Bread Peach Cobbler W/ Oatmeal Topping	23 HAPPY THANKSGIVING Orange Juice Sliced Baked Turkey W/ Ls Gravy & Cranberry Sauce Cornbread Stuffing Peas W/ Pearl Onions Garden Salad W/ Carrots & Radishes Pumpkin Pie	HAPPY  CENTERS	25 THANKSGIVING  CLOSED
Mixed Vegetable Soup Ground Pork w/ Sauce Plain Noodles Stir-Fried Pumpkin w/ Garlic Sauce Sautéed Mustard Greens w/ Ginger Pineapple Chunks	Hot & Sour Soup Tilapia w/ Black Bean Sauce White Rice Steamed Broccoli w/ Cauliflower Sautéed Green Beans Vermicelli w/ Carrots Fresh Banana	Potato & Carrot Soup 2 Pig's Feet & Soy Sauce Egg w/ Carrots White & Brown Rice Cucumber Salad Stir-Fried Green Chinese Cabbage Fresh Orange		
28 Orange Juice Rosemary Chicken In Sauce Parsley Potatoes Mixed Vegetables Creamy Coleslaw Whole Grain Bread Apple Cobbler W/ Oatmeal Topping	29 Steak Picada w/ Pico De Gallo In Ls Sauce Baked Winter Squash Green Beans Marinated Tomato, Green Pepper & Onion Salad Flour Tortilla Fresh Banana	30 Fish Vera Cruz w/ Lemon & Tartar Sauce Brown & White Rice Fresh Sweet Potatoes Apple Salad Whole Grain Bread Cantaloupe	ADMINISTERED BY YWCA San Gabriel Valley & the Inland Communities And funded in part by the Los Angeles County Area Agency on Aging through the OLDER AMERICANS ACT OF 1965 AS AMENDED. YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasg	
Pumpkin Soup Curry Chicken White Rice Stir-Fried Red Carrots & Corn Sautéed Chinese Cabbage w/ Ginger, Egg Roll (1) Fresh Banana	Soybean Soup Baked Pork Rib White & Brown Rice Mustard Greens w/ Ginger Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Mushrooms Sliced Pears	Dry Bok Choy Soup Diced Chicken & Plain Noodles w/ Carrots Stir-Fried Tomato w/ Egg & Onions Stir-Fried Pumpkin w/ Garlic Sauce Sliced Cantaloupe		