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ywca

December 2016

www.ywcasgv.org

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
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			**1** Salisbury Steak Mashed Potatoes (Vit C) Green Peas Tossed Salad W/ Radish & Red Cabbage Whole Grain Bread Fresh Orange Sections *Chicken Corn Soup* *Sliced Pork w/ Cabbage & Barbecue Tofu* *White & Brown Rice* *Steamed Yu Choy* *Asian Cucumber* *Fresh Orange*	**2** Lentil Soup Turkey W/ Ls Gravy Cornbread Stuffing Broccoli Marinated Beet & Onion Salad Whole Grain Bread Sliced Pears *Tofu & Seaweed Soup* *Longli Fish w/ Miso Sauce* *White & Brown Rice* *Stir-Fried Bok Choy* *Steamed Broccoli & Cauliflower* *Pineapple Chunks*
5 Sliced Roast Pork Mashed Potatoes (Vit C) Carrots Three Bean Salad Whole Grain Bread Pineapple Chunks *Spinach Soup* *Steamed Pork w/ Egg* *White Rice* *Stir-Fried Pumpkin w/ Garlic Sauce* *Steamed Corn & Peas* Honeydew or Cantaloupe 6	**6** Salmon In Mustard-Dill Sauce Fresh Sweet Potatoes Green Peas Garden Salad W/Red Cabbage Whole Grain Bread Fresh Apple *Miso w/ Tofu Soup* *BBQ Chicken Leg & Thigh* *White & Brown Rice* *Stir-Fried Bean Sprouts w/ Sliced Carrots* *Stir Fried Yu Choy* *Fresh Orange*	**7** Albondigas Soup Beef Fajitas In Ls Sauce Tex-Mex Brown & White Rice Ls Black Beans Citrus Fruit Salad Flour Tortilla Custard *Potato & Carrot Soup* *Mackerel* *White & Brown Rice* *Stir-Fried Cauliflower & Cabbage* *Lettuce w/ Oyster Sauce* *Sliced Peaches*	**8** Vegetable Soup Teriyaki Chicken Creamed Spinach Corn Nibblets Carrot- Broccoli Slaw Whole Grain Bread Fresh Banana *Tomato & Egg Soup* *Curry Chicken* *White Rice* *Bean Thread Vermicelli w/ Garlic & Cucumber* *Steamed Carrots & Bok Choy* *Pineapple Chunks*	**9** Pork Carnitas Baked Winter Squash Refried Beans Marinated Tomato,Onion & Green Pepper Salad Flour Tortilla Cantaloupe *Wintermelon Soup* *Soy Sauce Pork Ribs* *White & Brown Rice* *Mustard Greens w/ Ginger* *Stir-Fried Chinese Vegetables w/ American Cabbage, Bean Thread & Dried Mushrooms* *Sliced Pears*
12 Sliced Roast Beef W/ Ls Gravy Parsley Potatoes Mixed Vegetables Creamy Coleslaw Whole Grain Bread Gingered Pears *Pumpkin Soup* *3 Cup Chicken Leg & Thigh* *White & Brown Rice* *Stir-Fried Bean Sprouts w/ Dry Bean Cube* *Stir-Fried Cauliflower/ Carrots* *Fresh Banana 1*	**13** Albondigas Soup Chicken Fajitas Tex-Mex Brown & White Rice Ls Pinto Beans Marinated Beet & Onion Salad Flour Tortilla Citrus Fruit Cup *Soybean Soup* *Longli Fish w/ Black Bean Sauce* *White Rice* *Stir Fried Napa Cabbage* *Corn & Broccoli* *Fresh Apple*	**14** Squash Soup Fish Vera Cruz Fresh Sweet Potatoes Creamed Spinach Lettuce W/ Radish & Mushrooms Salad Whole Grain Bread Fresh Apple *Vegetable Soup* *Steamed Pork w/ Egg* *White & Brown Rice* *Stir-Fried Pumpkin w/ Garlic* *Steamed Mixed Vegetables* *Sliced Honeydew or Cantaloupe*	**15** Swedish Meatballs Spiral Pasta Green Beans Caesar Salad W/ Dressing & Croutons Whole Grain Bread Orange Sections *Miso Soup* *Tilapia* *White Rice* *Stir-Fried Celery & Cauliflower* *Sauteed Mustard Greens w/ Ginger, Egg Roll (1)* *Sliced Pears*	**16** Chicken Chop Suey Brown & White Rice Garlic Baby Bok Choy Lemon Gelatin W/ Pineapple Chunks Sliced Peaches *Egg Flower Soup* *Smoked Chicken* *White & Brown Rice* *Bok Choy w/ Garlic* *Seasoned Tofu w/ Mushrooms* *Fresh Orange*
19 Orange Juice Sweet & Sour Pork Brown & White Rice Green Beans W/ Red Peppers Tossed Salad W/ Mushrooms French Dressing Cinnamon Applesauce *Mushroom & Melon Soup* *Baked Pork Rib* *White & Brown Rice* *Mustard Greens w/ Ginger* *Stir-Fried Chinese Cabbage w/ Garlic Sauce* *Pineapple Chunks 2*	**20** Lentil Soup Hamburger Patty W/ Lettuce, Tomato & Onion Baked Winter Squash Carrot Coins Macaroni Salad Whole Grain Hamburger Bun Honeydew *Bok Choy Soup* *Kung Pao Chicken* *White Rice* *Carrots w/ Seaweed* *Steamed Yu Choy* *Fresh Sliced Honeydew or Cantaloupe*	**21** Vegetable Soup Sliced Roast Turkey W/ Gravy Cornbread Stuffing Green Peas Marinated Tomato, Onion & Green Pepper Salad Whole Grain Roll Orange Sections *Tomato & Egg Soup* *Tilapia* *White & Brown Rice* *Sauteed American Cabbage w/ Ginger* *Sauteed Green Beans* *Fresh Banana*	**22** Barbeque Chicken Leg & Thigh In Ls Sauce Mashed Potatoes (Vit C) Hot Beets W/ Onions Broccoli Slaw Whole Grain Bread Gingered Pears *Wintermelon Soup* *Chicken Leg Quarter w/ Black Pepper Sauce* *White & Brown Rice* *Steamed Corn* *Bok Choy w/ Garlic* *Fresh Orange*	**23 CHRISTMAS MENU** Orange Juice Sliced Roast Beef W/ Gravy Fresh Sweet Potatoes Creamed Spinach Creamy Coleslaw Whole Grain Roll Cherry Pie *Tofu Seaweed Soup* *Pork Vegetable Chow Mein Noodles (in entrée)* *Broccoli w/ Red Pepper* *Cucumber Salad* *Egg Roll (1)* *Sliced Pears*
26 **CENTERS CLOSED**	**27** Sliced Roast Pork W/ Gravy Fresh Sweet Potatoes Green Beans & Corn Apple Salad Whole Grain Bread Lemon Pudding *Miso Soup* *Steamed Pork w/ Egg* *White Rice* *Steamed Carrots & Bok Choy* *Seasoned Tofu w/ Mushrooms* *Pineapple Chunks*	**28** Chicken Cacciatore Buttered Egg Noodles Carrots Lettuce W/ Radish & Cucumber Salad Ranch Dressing Cantaloupe *Tofu & Cabbage Soup* *Chicken w/ Cashews* *White & Brown Rice* *Stir-Fried Pumpkin* *Mustard Greens w/ Ginger* *Sliced Peaches or Seasonal Fruit (no Banana, Melon or Orange)*	**29** Minestrone Soup Stuffed Bell Pepper Baked Winter Squash Lima Beans Strawberry Gelatin W/ Pineapple Whole Grain Bread Orange Sections *Soybean Soup* *BBQ Pork w/ Rice Noodles* *Stir-Fried Broccoli, Cauliflower & Carrots* *Stir-Fried Chinese Melon w/ Garlic* *Fresh Banana*	**30 NEW YEAR'S EVE** Orange Juice Roast Pork W/ Apples Mashed Potatoes (Vit C) Green Peas Spinach Salad W/ Mushrooms Oil & Vinegar Dressing Rice Pudding W/ Raisins *Pumpkin Soup* *Curry Chicken* *White & Brown Rice* *Stir-Fried Chinese Squash w/ Garlic* *Vermicelli w/ Garlic & Cucumbers* *Sauteed Green Beans* *Cantaloupe or Honeydew*

*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