

April 2019

YWCA San Gabriel Valley Senior Café – San Gabriel Senior Center
324 S. Mission Drive, San Gabriel ♦ Telephone : 626- 308-2823

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

*Soybean Soup
Baked Pork Rib
Brown & White Rice
Stir Fried Cauliflower
Broccoli in Garlic Sauce
Fresh Banana*

*Miso Soup
Smoked Chicken
Brown & White Rice
Stir Fried Bok Choy
Seaweed Salad
Sliced Honeydew or Cantaloupe*



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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
Special Note: Fish May Contain Residual Bones After Preparation. Please Use Caution.