

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
2 Pork Chow Mein Steamed Spinach Cabbage Salad W/ Asian Dressing Whole Grain Bread Fresh Orange Sections <hr/> Corn Soup BBQ Chicken Leg & Thigh Brown & White Rice Lettuce w/ Oyster Sauce Asian Cucumber Sliced Honeydew or Cantaloupe	3 Salmon In Lemon- Dill Sauce Scalloped Potatoes Corn Nibbles Garden Salad W/ Ranch Dressing Whole Grain Bread Mango Chunks <hr/> Cabbage Soup Soy Sauce Pork w/ Egg Brown & White Rice Mustard Greens w/ Ginger Stir Fried Cauliflower Sliced Peaches	4 Lentil Soup Rosemary Chicken Quinoa Baby Carrots Pineapple Coleslaw Whole Grain Bread Fresh Banana <hr/> Miso Soup Longli Fish w/Black Bean Sauce Brown & White Rice Stir Fried Bok Choy Steamed Corn & Peas Fresh Banana	5 Ls Navy Bean Soup Turkey Ala King Brown & White Rice Lemon-Dill Broccoli Marinated Tomato, Green Pepper, & Onion Salad Apple Salad <hr/> Wintermelon Soup BBQ Pork Ribs Brown & White Rice Stir Fried Yu Choy Tomato w/ Egg & Onions Fresh Apple	6 Orange Juice Beef Lasagna Green Beans Spinach Salad W/ Mushroom Italian Dressing Whole Grain Roll Custard <hr/> Mixed Vegetable Soup Curry Chicken Brown & White Rice Chinese Squash w/ Garlic Sautéed Green Beans Fresh Orange Sections
9 BBQ Chicken Rice Pilaf Steamed Cauliflower Carrot-Raisin Salad Whole Grain Bread Sliced Pears	10 Ls Lentil Soup Baked Ziti W/ Turkey Baked Winter Squash Broccoli Slaw Whole Grain Bread Fresh Banana	11 Ls Minestrone Soup Meatloaf In Ls Gravy Mashed Potatoes Creamed Spinach Caesar Salad W/ Dressing & Croutons Whole Grain Bread Fresh Apple	12 Orange Juice* Herbed Salmon Quinoa Peas W/ Mushrooms Ls Marinated Beet & Onion Salad Strawberry Gelatin W/ Peaches	13 Sliced Roast Pork In Gravy Parsley Potatoes Carrot Coins Creamy Coleslaw Whole Grain Bread Pineapple Chunks
Egg Flower Soup Tilapia Brown & White Rice Broccoli w/ Red Pepper Bean Sprouts w/ Carrots Sliced Pears	Creamy Corn Soup Chicken w/Black Pepper Sauce Brown & White Rice Stir Fried Pumpkin w/ Garlic Seaweed Salad Sliced Honeydew or Cantaloupe	Hot & Sour Soup BBQ Pork w/ Rice Noodles Mustard Greens w/ Ginger Seasoned Tofu w/ Mushrooms Fresh Pineapple	Pumpkin Soup Kung Pao Chicken Brown & White Rice Carrots w/ Seaweed Peas & Red Peppers Fresh Orange Sections	Tomato & Egg Soup Sliced Pork w/ Cabbage & Tofu Brown & White Rice Stir Fried Bok Choy Stir Fried Celery & Cauliflower Fresh Apple
16 Orange Juice Stuffed Bell Pepper Quinoa Green Peas Spinach Salad W/ Mushroom Italian Dressing Sliced Cantaloupe	17 LS Teriyaki Chicken Fried Rice Baby Bok Choy Cabbage Salad w/ Asian Dressing Sliced Pears	18 Ls Sweet Corn Soup Turkey Divan Buttered Egg Noodles Broccoli Carrot-Raisin Salad Whole Grain Bread Fresh Banana	19 Pork Carnitas Lime Cilantro Rice LS Black Beans Mango Chunks Flour Tortilla Tapioca Pudding	20 CHRISTMAS SPECIAL Ls Creamy Tomato Soup Roast Beef In Ls Gravy Buttered Egg Noodles Normandy Vegetables*** Zucchini Corn Pepper Salad Whole Grain Roll W/ Margarine Orange Sections*
Spinach Soup Chicken Vegetable Chow Mein Mustard Greens w/ Ginger Tofu w/ Mushroom Pineapple Chunks	Wintermelon Soup Tilapia w/ Black Bean Sauce Brown & White Rice Stir Fried Yu Choy Tomato w/ Egg & Onions Fresh Banana	Mixed Vegetable Soup Curry Chicken Brown & White Rice Pumpkin w/ Garlic Sauce Sautéed Green Beans Fresh Orange Sections	Seaweed & Egg Soup Soy Sauce Pork Ribs Brown & White Rice Stir Fried Bok Choy Cucumber Salad Fresh Apple	
23 HAPPY HANUKKAH! Honey-Lemon Baked Chicken Rice Pilaf (Brown & White) Steamed Broccoli* Tossed Salad w/ Radishes French Dressing Whole Grain Roll Spice Cake w/ Frosting & Merry Christmas! <hr/> Dry Bok Choy Soup Mackerel Brown & White Rice Stir Fried Yu Choy Sautéed Green Beans Fresh Apple	24  CENTER CLOSED	25  CENTER CLOSED	26 Orange Juice Ls Spaghetti & Meatballs Steamed Spinach Ls Marinated Green Bean & Tomato Salad Whole Grain Bread Sliced Peaches <hr/> Pumpkin Soup Smoked Chicken Brown & White Rice Bean Sprouts w/ Sliced Carrots Broccoli in Garlic Sliced Honeydew or Cantaloupe	27 Chicken in Wine Sauce Quinoa Mashed Sweet Potatoes Garden Salad w/ Italian Dressing Mango Chunks <hr/> Creamy Corn Soup Steamed Pork w/ Egg Brown & White Rice Mustard Greens w/ Ginger Stir Fried Cauliflower Sliced Pears
30 LS Salisbury Steak in Gravy Mashed Potatoes Peas & Carrots LS Marinated Beet & Onion Salad Whole Grain Bread Sliced Pears <hr/> Hot & Sour Soup Kung Pao Chicken Brown & White Rice Carrots w/ Seaweed Broccoli in Garlic Sliced Peaches	31  CENTER CLOSED		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 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447 email: info@ywcasgv.org www.facebook.com/ywcasgv www.instagram.com/ywcasgv	

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