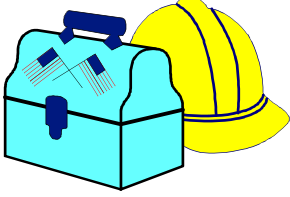


YWCA San Gabriel Valley - Intervale Senior Café San Gabriel Senior Center

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

IMPORTANT: "YOUR CHOICE" MEALS WILL BE ORDERED BASED ON THE SELECTIONS MADE; OTHERWISE, FIRST COME, FIRST SERVED. YOU SHOULD KNOW THAT WE MAY NOT BE ABLE TO HONOR YOUR FIRST CHOICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Administered by YWCA San Gabriel Valley Senior Services and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.</p> <p>YWCA San Gabriel Valley Senior Services 943 North Grand Avenue Covina, CA 91724 Phone: 626-960-2995 Fax: 626-814-0447 email: intervale@ywcasgv.org</p>		<p>1 MINISTRONE SOUP ITALIAN MEATBALLS & SPAGHETTI IN ITALIAN SAUCE NORMANDY VEGETABLES TOSSED SALAD W/ RED CABBAGE & TOMATO SL. ITALIAN DRESSING WHOLE GRAIN ROLL W/ MARGARINE FRESH BANANA</p>	<p>2 YOUR CHOICE BROCCOLI CHEESE SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST PORK W/ GRAVY RICE PILAF (BROWN & WHITE) PEAS & CORN, MARINATED TOMATO, ONION & GREEN PEPPERS, WHOLE GRAIN ROLL / MARG., STRAW- BERRY GELATIN / PEACHES</p>	<p>3 LABOR DAY PICNIC VEGETABLE SOUP BARBECUE BEEF SLICES W/ PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD & RELISH PACKETS CHEESY MACARONI BAKED BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE WATERMELON SLICE</p>
<p>6 LABOR DAY  CENTERS CLOSED</p>	<p>7 NAVY BEAN SOUP SWEET & SOUR PORK W/ PINEAPPLE & GREEN PEPPERS FLUFFY RICE (BROWN & WHITE) MIXED CHINESE VEGGIES TOSSED SALAD W/ MUSHROOMS & CARROTS CREAMY ITALIAN DRESSING WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS</p>	<p>8 SOUP N' SUB CREAMY CORN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES POTATO SALAD CREAMY COLESLAW (¾ C) HOAGIE ROLL W/ MARG. LEMON GELATIN W/ ¼ CUP PEARS</p>	<p>9 CREAMY TOMATO SOUP ROAST TURKEY W/ GRAVY GARLIC MASHED POTATOES BROCCOLI & CARROTS LETTUCE SALAD W/ ¼ C ORANGE SECTIONS WHOLE GRAIN BREAD W/ MARGARINE CHERRY COBBLER</p>	<p>10 YOUR CHOICE: SALAD OR SANDWICH SPINACH & LENTIL SOUP CHEFS SALAD W/ HAM, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS & SALAD VEGETABLES, 1000 ISLAND DRESSING OR TUNA SALAD SANDWICH W/ MAYO & THREE BEAN SALAD WHOLE GRAIN ROLL OR 2 SL. WHOLE GRAIN BREAD W/ MARG., POTATO SALAD CITRUS FRUIT CUP</p>
<p>13 CREAMY SQUASH SOUP OPEN FACE ROAST BEEF SANDWICH W/ GRAVY MASHED POTATOES BROCCOLI & CORN CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>14 BEEF BARLEY VEGETABLE SOUP OVEN FRIED CHICKEN W/ GRAVY FRESH SWEET POTATOES GREEN BEANS W/ ALMONDS TOSSED SALAD W/ RED CABBAGE & RADISHES ITALIAN DRESSING WHOLE GRAIN ROLL/MARG. PEANUT BUTTER COOKIES</p>	<p>15 YOUR CHOICE LENTIL SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ITALIAN MEATLOAF / SAUCE AU GRATIN POTATOES MIXED VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN ROLL/MARG. SLICED HONEYDEW</p>	<p>16 Mexican Independence Day ALBONDIGAS SOUP STEAK PICADA W/ GREEN PEPPERS & ONIONS SPANISH RICE PINTO BEANS CARROT-BROCCOLI SLAW FLOUR TORTILLA W/ MARGARINE CUSTARD</p>	<p>17 POTATO & ONION SOUP PORK RIBBLET W/ SHABIR'S SPECIAL SAUCE PARSLEY POTATOES CORN & BUTTER BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/ MARGARINE AMBROSIA</p>
<p>20 SPINACH & LENTIL SOUP HAWAIIAN CHICKEN W/ SWEET & SOUR SAUCE BABY RED POTATOES PEAS & CARROTS MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE CHOCOLATE PUDDING</p>	<p>21 SOUP & SALAD ALBONDIGAS SOUP TOSTADA SALAD TEX-MEX RICE (½ BROWN ½ WHITE) REFRIED BEANS SHREDDED CHEESE LETTUCE, TOMATO CHUNKS, BLACK OLIVES CREAMY FRENCH DRESSING SALSA, SOUR CREAM TORTILLA CHIPS ORANGE SECTIONS</p>	<p>22 NAVY BEAN SOUP STUFFED BELL PEPPER SCALLOPED POTATOES GREEN BEANS & CORN CREAMY COLESLAW (¾ C) WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING</p>	<p>23 VEGETABLE SOUP BRAISED BEEF TIPS W/ GRAVY BUTTERED EGG NOODLES BAKED WINTER SQUASH LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE CITRUS FRUIT CUP</p>	<p>24 YOUR CHOICE: SALAD OR SANDWICH CREAMY CORN SOUP PULLED PORK SANDWICH W/ PICKLE, TOMATO, ONION, ROASTED POTATOES & GREEN BEANS OR CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES (1 c) SUNSET SALAD, WHOLE GRAIN BUN / MARG, CANTALOUPE</p>
<p>27 POTATO & ONION SOUP TURKEY ALA KING OVER BISCUIT LIMA BEANS & CORN LEMON GELATIN W/ PINEAPPLE CHUNKS & CELERY BISCUIT W/ MARGARINE ORANGE SECTIONS</p>	<p>28 YOUR CHOICE CREAMY TOMATO SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY RED ROASTED POTATOES GREEN BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE PEACH PIE</p>	<p>29 BROCCOLI CHEESE SOUP ROAST PORK LOIN W/ GRAVY FRESH SWEET POTATOES PICKLED BEETS GRADEN SALAD W/ RED CABBAGE & RADISHES FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING</p>	<p>30 SOUP & SALAD SPLIT PEA SOUP SANTA FE CHICKEN SALAD W/ CHICKEN STRIPS, EGG GARNISH, CHEESE, BLACK BEANS & KERNEL CORN CARROT-PINEAPPLE SALAD LETTUCE W/ TOMATO CHUNKS, BLACK OLIVES, GREEN PEPPER RINGS, CILANTRO, RANCH DR. CORN TORTILLA W/ MARG. SLICED HONEYDEW</p>	