

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
3 Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Lemon Pudding Whole Grain Bread Fresh Apple Dry Bok Choy Soup Mackerel Brown & White Rice Stir Fried Yu Choy Sautéed Green Beans Fresh Apple	4 LS Split Pea Soup Roast Beef & Swiss Hoagie Lettuce & Tomato Slice Potato Salad Spinach Salad w/ Mushrooms* Whole Grain Hoagie Roll Fresh Orange Sections* Soybean Soup Diced Chicken w/ Plain Noodles Stir Fried Pumpkin w/ Garlic Steamed Corn & Peas Fresh Orange Sections	5 LS Chinese Vegetable Soup Salmon in Pesto Sauce w/ Lemon Brown & White Rice Baked Winter Squash** Cabbage Salad w/ Asian Dressing* Gingered Sliced Pears Hot & Sour Soup Two Pigs Feet & Soy Sauce Egg Brown & White Rice Stir Fried Bok Choy Seaweed Salad Fresh Banana	6 Orange Juice* Spaghetti & Meatballs Steamed Spinach** LS Marinated Green Bean & Tomato Salad Whole Grain Bread Sliced Peaches Pumpkin Soup Smoked Chicken Brown & White Rice Bean Sprouts w/ Sliced Carrots Broccoli in Garlic Sliced Honeydew or Cantaloupe	7 Chicken In Wine Sauce Quinoa Mashed Sweet Potatoes** Garden Salad W/ Italian Dressing Mango Chunks* Creamy Corn Soup Steamed Pork w/ Egg Brown & White Rice Mustard Greens w/ Ginger Stir Fried Cauliflower Sliced Pears
10 <u>Special Luncheon</u> <u>Lunar New Year</u> Hot & Sour Soup Kung Pao Chicken Brown & White Rice Carrots w/ Seaweed Broccoli in Garlic Sliced Peaches 	11 Fish Vera Cruz w/ Lemon Lime Cilantro Rice LS Pinto Beans Garden Salad w/ French Dressing Flour Tortilla Mango Chunks* Miso Soup Sliced Pork w/ Cabbage & BBQ Brown & White Rice Stir Fried Bok Choy Asian Cucumber Pineapple Chunks	12 Herb Baked Chicken Quinoa Lemon-Dill Broccoli* Apple Salad Whole Grain Bread Butterscotch Pudding Cabbage Soup Longli Fish w/ Miso Sauce Brown & White Rice Mustard Greens w/ Ginger Tomato w/ Egg & Onions Fresh Apple	13 LS Lentil Soup Turkey & Cheese Hoagie Mayo & Mustard Lettuce & Tomato Slice Carrot-Raisin Salad** Creamy Coleslaw* Whole Grain Hoagie Roll Pineapple Chunks Corn Soup Pork Vegetable Chow Mein Stir Fried Chinese Squash w/ Garlic Stir Fried Yu Choy Fresh Banana	14 <u>VALENTINE'S DAY</u> LS Cream Of Mushroom Soup Yankee Pot Roast Parsley Potatoes Baked Winter Squash** Sliced Honeydew* Whole Grain Bread Strawberry Cupcake 
17  NO YWCA SGV LUNCH	18 LS Creamy Squash Soup Lemon Herb Roast Chicken Quinoa Creamed Spinach** Creamy Coleslaw* Sliced Peaches Spinach Soup Mackerel Brown & White Rice Bean Sprouts w/ Sliced Carrots Cabbage w/ Garlic Fresh Apple	19 Beef Chili Colorado Spanish Rice LS Pinto Beans Garden Salad w/ Ranch Dressing Flour Tortilla Fresh Orange Sections* Pumpkin Soup Smoked Chicken Brown & White Rice Broccoli w/ Red Pepper Lettuce w/ Oyster Sauce Sliced Pears	20 LS BBQ Pork Riblet Roasted Potatoes Green Beans Spinach Salad w/ Mushrooms*** French Dressing Whole Grain Hamburger Bun Fresh Banana* Soybean Soup Tilapia w/ Black Bean Sauce Brown & White Rice Stir Fried Bok Choy Sautéed Green Beans Pineapple Chunks	21 Orange Juice* Sweet & Sour Chicken Fried Rice Carrots** Garden Salad / 1000 Island Dressing Lime Gelatin w/ Pears Hot & Sour Soup Two Pigs Feet & Soy Sauce Egg Brown & White Rice Mustard Greens w/ Ginger Seaweed Salad Fresh Banana
24 LS Chinese Vegetable Soup Pork Chow Mein Baby Bok Choy** Cabbage Salad w/ Asian Dressing* Whole Grain Bread Fresh Orange Sections* Corn Soup BBQ Chicken Leg & Thigh Brown & White Rice Lettuce w/ Oyster Sauce Asian Cucumber Sliced Honeydew or Cantaloupe	25 Burgundy Beef In LS Gravy Scalloped Potatoes Corn Nibbles Garden Salad W/ Ranch Dressing Whole Grain Bread Sliced Honeydew* Cabbage Soup Soy Sauce Pork w/ Egg Brown & White Rice Mustard Greens w/ Ginger Stir Fried Cauliflower Sliced Peaches	26 <u>ASH WEDNESDAY</u> Salmon in Mustard-Dill Sauce Quinoa Baby Carrots** Pineapple Coleslaw* Fresh Banana* Miso Soup Longli Fish w/ Black Bean Sauce Brown & White Rice Stir Fried Bok Choy Steamed Corn & Peas Fresh Banana	27 LS Navy Bean Soup Turkey Ala King Brown & White Rice Lemon-Dill Broccoli* Marinated Tomato, Green Pepper, & Onion Salad Apple Salad Wintermelon Soup BBQ Pork Ribs Brown & White Rice Stir Fried Yu Choy Tomato w/ Egg & Onions Fresh Apple	28 Orange Juice* Tuna Salad Sandwich w/ Lettuce & Tomato Slice Three Bean Salad Spinach Salad W/ Mushrooms** Whole Grain Bread (2 sl) Custard Mixed Vegetable Soup Curry Chicken Brown & White Rice Stir Fried Chinese Squash w/ G Sautéed Green Beans Fresh Orange Sections
			Administered by <u>YWCA San Gabriel Valley</u> 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

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