

**YWCA Senior Café - Live Oak Park Community Center**  
10144 BOGUE STREET, TEMPLE CITY RESERVATIONS: 626-579-0461

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>“Your choice” meals are ordered based on the selection made at time of reservation;</b></p> <p><b>Otherwise, first come, first served and we may not be able to honor your first choice.</b></p>				<p><b>1</b></p> <p>Navy Bean Soup Beef Lasagna Green Beans Spinach Salad W/ Mushrooms Italian Dressing Whole Grain Bread Pineapple Chunks</p>
<p><b>4</b></p> <p>Turkey Ala King Mashed Potatoes (Vit C) Corn Nibbles Tossed Green Salad W/ French Dressing Whole Grain Bread Fresh Apple</p>	<p><b>5 CHINESE NEW YEAR</b></p> <p>Egg Flower Soup Ls Sweet &amp; Sour Pork Brown &amp; White Rice Garlic Baby Bok Choy Cabbage Salad W/ Asian Dressing Orange Sections</p>	<p><b>6</b></p> <p>Yankee Pot Roast Roasted Potatoes Baby Carrots Marinated Beet &amp; Onion Salad Whole Grain Bread Sliced Cantaloupe</p>	<p><b>7</b></p> <p>Vegetable Soup Tuna Salad Sandwich Macaroni Salad Spinach Salad W/ Mushrooms Oil &amp; Vinegar Dressing Whole Grain Bread (2 Sl) Pineapple Chunks (3/4 C)</p>	<p><b>8</b></p> <p>Orange Juice Roast Chicken In Gravy Ls Black Beans Baked Winter Squash Lettuce Salad W/ Ranch Dressing Whole Grain Bread Custard</p>
<p><i>Soybean Soup</i> <i>Baked Pork Rib</i> <i>Brown &amp; White Rice</i> <i>Stir Fried Cauliflower</i> <i>Broccoli in Garlic Sauce</i> <i>Fresh Banana</i></p>	<p><i>Miso Soup</i> <i>Smoked Chicken</i> <i>Brown &amp; White Rice</i> <i>Stir Fried Bok Choy</i> <i>Seaweed Salad</i> <i>Sliced Honeydew</i></p>	<p><i>Wintermelon Soup</i> <i>Sliced Pork w/ Cabbage &amp; BBQ</i> <i>Tofu</i> <i>Brown &amp; White Rice</i> <i>Peas &amp; Red Peppers</i> <i>Cucumber Salad</i> <i>Pineapple Chunks</i></p>	<p><i>Pumpkin Soup</i> <i>Kung Pao Chicken</i> <i>Brown &amp; White Rice</i> <i>Carrots w/ Seaweed</i> <i>Steamed Yu Choy</i> <i>Fresh Orange</i></p>	<p><i>Cabbage Soup</i> <i>Tilapia</i> <i>Brown &amp; White Rice</i> <i>Stir Fried Celery &amp; Cauliflower</i> <i>Mustard Greens w/ Ginger</i> <i>Sliced Peaches in Juice</i></p>
<p><b>11</b></p> <p>Ls Lentil Soup Braised Beef Tips Brown &amp; White Rice Fresh Sweet Potatoes*** Marinated Tomato, Onion, &amp; Green Pepper Salad* Sliced Pears</p>	<p><b>12</b></p> <p>Ls Turkey Oriental W/ Spaghetti Noodles Peas W/ Mushrooms Carrot-Broccoli Slaw*** Apple Salad</p>	<p><b>13</b></p> <p>Orange Juice Salmon In Mustard-Dill Quinoa Creamed Spinach Tossed Salad W/ 1000 Island Dressing Cornbread Strawberry Gelatin W/ Pineapple</p>	<p><b>14 VALENTINE'S DAY</b></p> <p>Oven Baked Bbq Chicken Leg &amp; Thigh Rice Pilaf Steamed Broccoli Creamy Coleslaw Whole Grain Bread Fresh Banana</p>	<p><b>15</b></p> <p>Ls Split Pea Soup Hamburger W/ Lettuce, Tomato, &amp; Onion Parsley Potatoes Green Beans Marinated Beet &amp; Onion Salad Whole Grain Hamburger Bun Sliced Honeydew</p>
<p><i>Mixed Vegetable Soup</i> <i>Chicken Leg Quarter w/ Black</i> <i>Pepper Sauce</i> <i>Brown &amp; White Rice</i> <i>Bean Sprouts w/ Sliced Carrots</i> <i>Stir Fried Yu Choy</i> <i>Pineapple Chunks</i></p>	<p><i>Cabbage Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Stir Fried Pumpkin</i> <i>Mustard Greens w/ Ginger</i> <i>Fresh Orange</i></p>	<p><i>Creamy Corn Soup</i> <i>Chicken w/ Cashews</i> <i>Brown &amp; White Rice</i> <i>Stir Fried Cauliflower</i> <i>Chinese Melon w/ Garlic</i> <i>Fresh Banana</i></p>	<p><i>Soybean Soup</i> <i>Longli Fish w/ Miso Sauce</i> <i>Brown &amp; White Rice</i> <i>Stir Fried Bok Choy</i> <i>Steamed Broccoli</i> <i>Fresh Apple</i></p>	<p><i>Spinach Soup</i> <i>Soy Sauce Pork w/ Egg</i> <i>Brown &amp; White Rice</i> <i>Cucumber Salad</i> <i>Seasoned Tofu w/ Mushrooms</i> <i>Sliced Cantaloupe</i></p>
<p><b>18</b></p> <p><b>PRESIDENT'S DAY</b></p>  <p><b>No Lunch Today</b></p>	<p><b>19</b></p> <p>Meatloaf In Ls Brown Gravy Mashed Potatoes (Vit C)* Corn Nibbles Spinach Salad W/ Mushrooms Italian Dressing Whole Grain Bread Fruit Cup</p>	<p><b>20</b></p> <p>Ls Creamy Squash Soup Chicken In Wine Sauce Parsley Noodles Steamed Broccoli* Ls Three Bean Salad Whole Grain Dinner Roll Fresh Banana</p>	<p><b>21</b></p> <p>Orange Juice Beef Stew Boiled Potatoes Carrots** Tossed Garden Salad W/ French Dressing Whole Grain Bread Lemon Pudding</p>	<p><b>22</b></p> <p>Ls Albondigas Soup Chili Verde Pork Spanish Rice Ls Pinto Beans Creamy Coleslaw Flour Tortilla Fresh Apple</p>
<p><i>Hot &amp; Sour Soup</i> <i>Curry Chicken</i> <i>Brown &amp; White Rice</i> <i>Bean Sprouts w/ Dry Bean Curd</i> <i>Steamed Carrots &amp; Bok Choy</i> <i>Sliced Honeydew</i></p>	<p><i>Pumpkin Soup</i> <i>Steamed Pork w/ Egg</i> <i>Brown &amp; White Rice</i> <i>Chinese Squash w/ Garlic</i> <i>Mustard Greens w/ Ginger</i> <i>Fresh Orange</i></p>	<p><i>Potato &amp; Carrot Soup</i> <i>Smoked Chicken</i> <i>Brown &amp; White Rice</i> <i>Stir Fried Cauliflower</i> <i>Seaweed Salad</i> <i>Sliced Peaches in Juice</i></p>	<p><i>Seaweed Egg Soup</i> <i>Mackerel w/ Brown &amp; White Rice</i> <i>Bok Choy w/ Garlic</i> <i>Lettuce w/ Oyster Sauce</i> <i>Fresh Apple</i></p>	
<p><b>25</b></p> <p>Ls Minestrone Soup Beef Stroganoff W/ Pasta Noodles Creamed Spinach Carrot-Raisin Salad Whole Grain Bread Sliced Cantaloupe</p>	<p><b>26</b></p> <p>Orange Juice Rosemary Chicken Quinoa Baked Winter Squash Greek Salad W/ Tomato, Cucumber, &amp; Feta Cheese Vinaigrette Dressing ½ Pita Bread Chocolate Pudding</p>	<p><b>27</b></p> <p>Pork Carnitas Spanish Rice Ls Pinto Beans Pineapple Coleslaw Flour Tortilla Cinnamon Applesauce</p>	<p><b>28</b></p> <p>Ls Sweet Corn Soup Salmon In Lemon-Dill Sauce Fresh Mashed Sweet Potatoes Green Peas Spinach Salad W/ Mushrooms Italian Dressing Whole Grain Bread Pineapple Chunks</p>	<p>Administered by <b>YWCA San Gabriel Valley</b> 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 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447</p> <p>email: <a href="mailto:info@ywcassgv.org">info@ywcassgv.org</a> <a href="http://www.facebook.com/ywcassgv">www.facebook.com/ywcassgv</a> <a href="http://www.instagram.com/ywcassgv">www.instagram.com/ywcassgv</a></p>
<p><i>Hot &amp; Sour Soup</i> <i>Chicken w/ Cashews</i> <i>Brown &amp; White Rice</i> <i>Stir Fried Pumpkin</i> <i>Steamed Cauliflower &amp; Carrots</i> <i>Pineapple Chunks</i></p>	<p><i>Dry Bok Choy Soup</i> <i>BBQ Pork w/ Tofu</i> <i>Brown &amp; White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Chinese Cabbage w/ Garlic</i> <i>Sliced Peaches in Juice</i></p>	<p><i>Soybean Soup</i> <i>Kung Pao Chicken</i> <i>Brown &amp; White Rice</i> <i>Steamed Broccoli</i> <i>Asian Cucumber</i> <i>Fresh Banana</i></p>	<p><i>Spinach Soup</i> <i>Soy Sauce Pork Ribs</i> <i>Brown &amp; White Rice</i> <i>Steamed Carrots &amp; Corn</i> <i>Tomato w/ Egg &amp; Onions</i> <i>Sliced Cantaloupe</i></p>	

**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**