

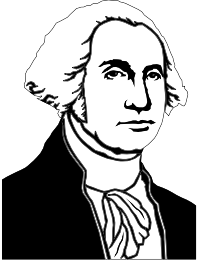


## YWCA San Gabriel Valley - Intervale Senior Café San Gabriel Senior Center

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 YWCA Intervale Senior Services		<b>1</b> CHICKEN NOODLE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH BUTTER BEANS LETTUCE & TOMATO SALAD ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARG. CITRUS FRUIT CUP	<b>2</b> Creamy Squash Soup Fish Vera Cruz, Lemon Slice & Tartar Sauce, Brown & White Rice, Corn Nibbles Carrot-Broccoli Slaw Whole Grain Bread w/ Marg. Sponge Cake w/ Lemon Icing Miso Soup Curry Chicken, White Rice Stir-Fried Celery, Cauliflower & Carrots Sauteed Mustard Greens w/ Ginger, Egg Roll (1) Sliced Pears	<b>3</b> BEEF BARLEY VEGETABLE SOUP, TURKEY ALA KING OVER BISCUIT, CRANBERRY SAUCE GARNISH, MASHED POTATOES GREEN BEANS W/ ALMONDS MARINATED BEET & ONION SALAD BISCUIT W/ MARGARINE SLICED CANTALOUPE
		<b>6</b> Broccoli Cheese Soup Roast Beef W/ Gravy Parsley Potatoes Mixed Vegetables Marinated Tomato, Green Pepper & Onion Salad Whole Grain Bread w/ Marg. Pineapple Chunks ----- Mushroom & Melon Soup Baked Pork Rib, White & Brown Rice, Sauteed Mustard Greens w/ Ginger, Stir-Fried Chinese Cabbage w/ Garlic Sauce, Pineapple Chunks 2	<b>7</b> CREAMY CORN SOUP ALL BEEF KNOCKWURST CHEESY MACARONI GREEN PEAS & CORN CARROT-BROCCOLI SALAD WHOLE GRAIN HOT DOG BUN W/ MARGARINE AMBROSIA	<b>8</b> Potato & Onion Soup Oven Fried Chicken w/ Gravy White & Brown Rice Pilaf Normandy Vegetables Greek Salad W/ Feta Cheese & Dressing Whole Grain Roll w/ Marg. Apple Pie ----- Pumpkin Soup, Tilapia White Rice & Brown Rice Sauteed Chinese Cabbage w/ Ginger Stir-Fried Bean Sprouts Fresh Banana
<b>13</b> Creamy Tomato Soup Sweet & Sour Pork w/ Pine- apple Chunks & Green Pepper Strips, Rice Pilaf (Brown/ White), Mixed Chinese Veggies, Creamy Coleslaw (3/4 C), Whole Grain Bread w/ Marg., Fresh Apple ----- Chicken Corn Soup Longli Fish w/ Ginger & Onion White Rice & Brown Rice Stir-Fried Celery, Cauliflower & Carrots, Seaweed Salad Fresh Orange 3	<b>14 VALENTINE'S DAY</b> CHICKEN NOODLE SOUP BEEF BURGUNDY W/ SAUCE MASHED POTATOES BROCCOLI & CORN SPINACH SALAD W/ RED GRAPES & BALSAMIC VINEGAR DRESSING WHOLE GRAIN ROLL W/ MARG. STRAWBERRY ICE CREAM	<b>15</b> Creamy Squash Soup Tuna Salad Sandwich w/ Lettuce, Tomato & Mayo Cheesy Macaroni BBQ Baked Beans Carrot-Broccoli Slaw Two Slices Whole Grain Bread w/ Marg., Peach Cobbler w/ Oatmeal Topping ----- Tofu & Cabbage Soup Chicken w/ Cashews White Rice & Brown Rice Stir-Fried Chinese String or Long Beans, Green Beans & Tofu, Asian Gelatin	<b>16</b> BROCCOLI CHEESE SOUP HERB CHICKEN W/ GRAVY AU GRATIN POTATES MIXED VEGETABLES LETTUCE SALAD W/ MANDARIN ORANGES, FRENCH DRESSING WHOLE GRAIN ROLL W/ MARG. PINEAPPLE CHUNKS	<b>17</b> SPLIT PEA SOUP SALISBURY STEAK W/ BROWN GRAVY, MASHED POTATOES NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARG. FRESH BANANA
<b>20</b> <b>PRESIDENT'S DAY</b>  <b>CENTERS CLOSED</b>	<b>21</b> VEGETABLE SOUP HAWAIIAN CHICKEN W/ SAUCE BABY RED ROASTED POTATOES BROCCOLI & CARROTS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARG. AMBROSIA	<b>22</b> Potato & Onion Soup Salmon W/ Mustard Dill Sauce, Lemon Slice & Tartar Sauce, Rice Pilaf, Green Beans & Corn, Spinach Salad w/ Mushrooms, Creamy Italian Dressing, Whole Grain Bread w/ Marg., Citrus Fruit Cup ----- Hot & Sour Soup Ground Pork & Plain Noodles w/ Carrots, Stir-Fried Yellow Bean Sprouts w/ Garlic, Stir- Fried Green Chinese Cabbage, Sliced Cantaloupe	<b>23</b> BROCCOLI & CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES BUTTER BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARG. STRAWBERRY GELATIN W/ FRUIT COCKTAIL	<b>24</b> SPLIT PEA SOUP CHEFS SALAD W/ HAM, CHEESE, CRUTONS,EGGGARNISH, LETTUCE, TOMATO CHUNKS, SALAD VEG., 1000 ISLAND DRESSING, WHOLE GRAIN ROLL / MARG., POTATO SALAD, ORANGE SECTIONS, CHOC. BROWNIE(TRANSFAT FREE)
<b>27</b> Creamy Tomato Soup Pork Chop W/ Gravy Fresh Sweet Potatoes Green Peas Tossed Salad W/ Radishes & Carrots Creamy Italian Dressing Whole Grain Bread w/ Marg. Butterscotch Pudding ----- Pumpkin Soup Curry Chicken, White Rice Stir-Fried Red Carrots & Corn Sauteed Chinese Cabbage w/ Ginger, Egg Roll (1) Fresh Banana 5	<b>28</b> LENTIL SOUP SLOPPY JOES W/ PICKLE, TOMATO & ONION SLICES CHEESY MACARONI LIMA BEANS & CARROTS WALDORF SALAD WHOLE GRAIN ROLL W/ MARG. ORANGE SECTIONS	<b>29</b> Creamy Squash Soup Rosemary Chicken w/ Gravy Mashed Potatoes Broccoli & Corn Marinated Beet & Onion Salad Whole Grain Bread w/ Marg. Peach Cobbler w/ Oatmeal Topping ----- Watercress Soup Longli Fish w/ Miso Sauce White Rice & Brown Rice Stir-Fried Tomato w/ Egg & Onions, Sauteed Yu Choy Sliced Cantaloupe	Administered by <b>YWCA San Gabriel Valley - Intervale Senior Services</b> and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended. <b>YWCA San Gabriel Valley Intervale Senior Services</b> 943 North Grand Avenue, Covina, CA 91724 Phone: 626-960-2995 Fax: 626-814-0447 email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a>	