YWCA San Gabriel Valley - Intervale Senior Café Sierra Madre Senior Center - Hart Park House, 222 West Sierra Madre Blvd.

Meal Reservations & Center Info: 626-355-0256

IMPORTANT: "YOUR CHOICE" MEALS WILL BE ORDERED BASED ON THE SELECTIONS MADE: OTHERWISE, FIRST

		OW THAT WE MAY NOT		1
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YWCA Intervale Senior Services	Administered by YWCA San Gabriel Valley - Intervale Senior Services 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 Intervale Senior Services 943 North Grand Avenue, Covina, CA 91724 Phone: 626-960-2995 Fax: 626-814-0447		1 ORANGE JUICE BEEF STEW W/ GRAVY BOILED POTATOES STEW VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN BREAD W/ MARGARINE RED GELATIN W/ PEARS	MINESTRONE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE & TOMATO SALAD ITALIAN DRESSING FRENCH BREAD W/ MARGARINE TAPIOCA PUDDING
email: <u>intervale@ywcasgv.org</u> facebook.com/ywcasgv twitter.com/YWCA_SGV				
5	6	7 SOUP N' SUB	8 YOUR CHOICE	9
NAVY BEAN SOUP BARBECUE PORK RIBBLET SANDWICH W/ PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD & RELISH PACKETS CHEESY MACARONI BROCCOLI & CARROTS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE APPLE PIE	CREAMY SQUASH SOUP ADOBO MARINATED BEEF FAJITAS W/ GREEN PEPPERS, ONIONS & SAUCE PICO DE GALLO SPANISH RICE (BROWN & WHITE) PINTO BEANS CREAMY COLESLAW (3/4 C) FLOUR TORTILLA W/ MARGARINE CUSTARD	CHICKEN NOODLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES MACARONI SALAD THREE BEAN SALAD HOAGIE ROLL W/ MARG. ORANGE SECTIONS	POTATO & ONION SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY RICE PILAF (BROWN/WHITE) BROCCOLI & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	CREAMY TOMATO SOUP OVEN FRIED CHICKEN W/ GRAVY GARLIC MASHED POTAOTES MIXED VEGETABLES MARINATED TOMATO, ONIOI & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING
12 LENTIL SOUP SALISBURY STEAK W/ BROWN GRAVY MASHED POTATOES NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	13 NAVY BEAN SOUP ROAST PORK W/ GRAVY FRESH SWEET POTATOES CREAMED SPINACH MARINATED BEET & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS	PROCCOLI CHEESE SOUP TERIYAKI CHICKEN W/ SAUCE RICE PILAF (BROWN & WHITE) GREEN BEANS & CARROTS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO CHEESY MACARONI BBQ BAKED BEANS CARROT-BROCCOLI SLAW TWO SLICES WHOLE GRAIN BREAD W/ MARG. APPLE COBBLER W/ OATMEAL TOPPING	DAY MENU CREAMY SQUASH SOUP CORNED BEEF BOILED POTATOES CABBAGE GREEN SALAD W/ TOMATO SLICES 1000 ISLAND DRESSING WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE CAKE W/ ICING
19	20	21 YOUR CHOICE	22 SOUP & SALAD	23
SPLIT PEA SOUP ROAST BEEF W/ GRAVY PARSLEY POTATOES GREEN BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	CREAMY CORN SOUP ITALIAN MACARONI BEEF & CHEESE CASSEROLE (2 #8 SCOOPS) BAKED WINTER SQUASH GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	POTATO & ONION SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST TURKEY W/ GRAVY RICE PILAF (BROWN/WHITE) BROCCOLI & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	CREAMY TOMATO SOUP CHEFS SALAD W/ HAM, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS & SALAD VEGETABLES 1000 ISLAND DRESSING WHOLE GRAIN ROLL W/ MARGARINE POTATO SALAD ORANGE SECTIONS CHOCOLATE BROWNIE (TRANS FAT FREE)	BEEF BARLEY VEGETABLE SOUP OVEN FRIED CHICKEN W/ GRAVY MASHED POTATOES CORN & BUTTER BEANS MARINATED TOMATO, ONIOI & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/ MARGARINE SLICED PEACHES
26 LENTIL SOUP TURKEY ALA KING OVER BISCUIT CRANBERRY SAUCE GARNISH MASHED POTATOES GREEN BEANS & CARROTS MARINATED BEET & ONION SALAD BISCUIT W/ MARGARINE SLICED CANTALOUPE	CREAMY SQUASH SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ TORTILLA CHIPS LIME-CILANTRO BROWN & WHITE RICE REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM, TORTILLA CHIPS	NAVY BEAN SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD & RELISH PACKETS BARBECUE BAKED BEANS MUSTARD POTATO SALAD CREAMY COLESLAW-3/4 CUP WHOLE GRAIN HAMBURGER BUN W/ MARGARINE CHERRY PIE	NORMANDY VEGETABLES LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE	CREAMY TOMATO SOUP BRAISED BEEF TIPS W/ GRAVY BUTTERED EGG NOODLES GREEN PEAS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE BUTTERSCOTCH PUDDING