## **April 2012**

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

<u>IMPORTANT</u>: "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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BROCCOLI CHEESE SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE GREEN PEAS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	3 LENTIL SOUP HAWAIIAN CHICKEN W/ SAUCE BABY RED ROASTED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE AMBROSIA	CREAMY SQUASH SOUP ADOBO MARINATED STEAK FAJITAS W/ GREEN PEPPERS, ONIONS & SAUCE PICO DE GALLO SPANISH RICE (BROWN & WHITE) BLACK BEANS CREAMY COLESLAW (¾ C) FLOUR TORTILLA W/ MARGARINE CUSTARD	VEGETABLE SOUP ROAST PORK CHOP W/ GRAVY FRESH SWEET POTATOES GREEN BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE	POTATO & ONION SOUP  SALMON W/ MUSTARD DILL  SAUCE, LEMON SLICE &  TARTAR SAUCE OR  ROAST TURKEY W/ GRAVY  PARSLEY POTATOES  BROCCOLI & CORN  SPINACH SALAD W/  MUSHROOMS  CREAMY ITALIAN DRESSING  WHOLE GRAIN BREAD  W/ MARGARINE  FRESH BANANA
Q CREAMY TOMATO SOUP HERB BAKED CHICKEN AU GRATIN POTATOES MIXED VEGETABLES LETTUCE SALAD W/ RADISHES & MANDARIN ORANGE SECTIONS WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	10 SPLIT PEA SOUP SLOPPY JOES W/ PICKLE, TOMATO & ONION SLICES BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS WALDORF SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE ORANGE SECTIONS	11 CREAMY CORN SOUP TERIYAKI PORK W/ SAUCE FRESH SWEET POTATOES MIXED CHINESE VEGGIES LETTUCE & TOMATO SALAD CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	CHICKEN NOODLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES MUSTARD POTATO SALAD CARROT-BROCCOLI SLAW HOAGIE ROLL W/ MARG. APPLE PIE	13  NAVY BEAN SOUP ROAST BEEF W/ GRAVY GARLIC MASHED POTATOES NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES
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 CITRUS FRUIT CUP	17 NAVY BEAN SOUP OPEN FACE HOT SLICED TURKEY SANDWICH GARLIC MASHED POTATOES BROCCOLI & CORN HOT HARVARD BEETS WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE PUDDING	18 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	TOUR CHOICE  CREAMY TOMATO SOUP  FISH VERA CRUZ, LEMON SLICE & TARTAR SAUCE OR OVEN FRIED CHICKEN W/ GRAVY  RICE PILAF (BROWN/WHITE) GREEN BEANS & CARROTS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	20 CHICKEN NOODLE SOUP SALISBURY STEAK W/ BROWN GRAVY PARSLEY POTATOES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
23 LENTIL SOUP ITALIAN MACARONI BEEF & CHEESE CASSEROLE (2 #8 SCOOPS) BROCCOLI & CARROTS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	24 CREAMY TOMATO SOUP ROAST PORK LOIN W/ GRAVY FRESH SWEET POTATOES GREEN BEANS WALDORF SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	25 YOUR CHOICE  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	26 SOUP & SALAD  CREAMY SQUASH 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 PUDDING	27 BEEF BARLEY VEGETABLE SOUP OVEN FRIED CHICKEN W/ GRAVY MASHED POTATOES CORN & BUTTER BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/ MARGARINE CHERRY PIE
			Administered by	

NAVY BEAN SOUP
ROAST BEEF W/ GRAVY
PARSLEY POTATOES
GREEN PEAS & CARROTS
CREAMY COLESLAW
WHOLE GRAIN BREAD
W/ MARGARINE
SLICED CANTALOUPE







YWCA San Gabriel Valley - Intervale Senior Services
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