

YWCA San Gabriel Valley - Intervale Senior Café Glendora La Fetra Center for Seniors

Meal Reservations: 626-914-0560

IMPORTANT: "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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 - Director: 626-214-9466 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasgv twitter.com/YWCA_SGV</p>				<p>1 MINISTRONE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE SALAD WITH ORANGE CHUNKS FRENCH DRESSING FRENCH BREAD WITH MARGARINE SLICED CANTALOUPE</p>
<p>4 NAVY BEAN SOUP OPEN FACE HOT SLICED TURKEY SANDWICH WITH LOW SODIUM GRAVY CRANBERRY SAUCE GARNISH MASHED POTATOES BROCCOLI & CARROTS SUNSET SALAD WHOLE GRAIN BREAD WITH MARGARINE FRESH APPLE</p>	<p>5 ALBONDIGAS SOUP BEEF FAJITAS BROWN & WHITE SPANISH RICE PINTO BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA PEACH COBBLER WITH OATMEAL CRUMB TOPPING</p>	<p>6 YOUR CHOICE LENTIL SOUP TERIYAKI CHICKEN WITH SPICES & SAUCE OR SALMON WITH MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE POTATOES AU GRATIN NORMANDY VEGETABLES GARDEN SALAD W/TOMATO CHUNKS ITALIAN DRESSING WHOLE GRAIN BREAD WITH MARGARINE SLICED HONEYDEW</p>	<p>7 NAVY BEAN SOUP BBQ PORK RIBLET SANDWICH WITH SAUCE CHEESY MACARONI GREEN BEANS & CORN ROMAINE SALAD WITH RADISHES & GREEN PEPPER STRIPS RANCH DRESSING WHOLE GRAIN HAMBURGER BUN ORANGE SECTIONS</p>	<p>8 SOUP & SALAD CREAMY TOMATO SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ORANGE SALAD SALAD VEGETABLES CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD WITH MARGARINE FRESH BANANA</p>
<p>11 LENTIL SOUP ITALIAN MEATLOAF WITH ITALIAN SAUCE PARSLEY POTATOES BROCCOLI & CORN GREEK SALAD WITH FETA CHEESE & DRESSING FRENCH BREAD WITH MARGARINE PINEAPPLE CHUNKS</p>	<p>12 YOUR CHOICE CREAMY TOMATO SOUP PORK ROAST W/GRAVY OR ROSEMARY CHICKEN LEG & THIGH FRESH SWEET POTATOES GREEN PEAS & BUTTER BEANS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD WITH MARGARINE FRESH APPLE</p>	<p>13 CHICKEN NOODLE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH GREEN BEANS & CORN TOSSED SALAD W/TOMATO CHUNKS & SHREDDED CARROTS RANCH DRESSING WHOLE GRAIN BREAD WITH MARGARINE FRESH SLICED CANTALOUPE</p>	<p>14 SOUP & SALAD CREAMY SQUASH SOUP MEDITERRANEAN CHICKEN SALAD ORZO PASTA SPINACH MIX SALAD WITH TOMATO CHUNKS & GREEN ONIONS BALSAMIC DRESSING ZUCCHINI CORN PEPPER SALAD WHOLE GRAIN BREAD WITH MARGARINE CITRUS FRUIT CUP</p>	<p>15 SOUP & SANDWICH BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH WITH LETTUCE, TOMATO & MAYO THREE BEAN SALAD CARROT-BROCCOLI SLAW PINEAPPLE CHUNKS WHOLE GRAIN BREAD WITH MARGARINE APPLE PIE</p>
<p>18 CREAMY CORN SOUP CHIPOTLE BEEF POT ROAST WITH SPICES PARSLEY POTATOES GREEN BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL WITH MARGARINE GINGERED PEARS</p>	<p>19 SOUP N' SUB 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 WHOLE GRAIN SANDWICH ROLL WITH MARGARINE CITRUS FRUIT CUP</p>	<p>20 YOUR CHOICE POTATO & ONION SOUP HAWAIIAN CHICKEN WITH SAUCE OR SALMON WITH PESTO SAUCE, LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES GREEN PEAS TOSSED SALAD WITH RADISHES & MUSHROOMS RANCH DRESSING WHOLE GRAIN BREAD WITH MARGARINE FRESH BANANA</p>	<p>21 CREAMY TOMATO SOUP SWEDISH MEATBALLS WITH SOUR CREAM SAUCE SPIRAL PASTA BROCCOLI & CARROTS APPLE SALAD WHOLE GRAIN BREAD WITH MARGARINE BUTTERSCOTCH PUDDING</p>	<p>22 SOUP & SALAD ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) WITH TORTILLA CHIPS & SALSA LIME-CILANTRO BROWN & WHITE RICE REFRIED BEANS SHREDDED CHEESE LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM TORTILLA CHIPS ORANGE SECTIONS</p>
<p>25 SPLIT PEA SOUP PORK LOIN ROAST FRESH SWEET POTATOES HOT HARVARD BEETS GARDEN SALAD WITH SHREDDED RED CABBAGE & CARROTS FRENCH DRESSING WHOLE GRAIN BREAD AMBROSIA</p>	<p>26 YOUR CHOICE BEEF BARLEY VEGETABLE SOUP TURKEY ALA KING / BISCUIT, MASHED POTATOES, CARROTS & BROCCOLI OR CHICKEN SALAD ON BUN, MACARONI SALAD & CARROT-RAISIN SALAD APPLE SALAD BISCUIT OR WHOLE GRAIN BUN WITH MARGARINE SLICED CANTALOUPE</p>	<p>27 WESTERN DAY BROCCOLI CHEESE SOUP HAMBURGER WITH CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO & RELISH PACKETS BARBECUE BAKED BEANS CITRUS FRUIT CUP CREAMY COLESLAW WHOLE GRAIN HAMBURGER BUN WITH MARGARINE WATERMELON SLICE</p>	<p>28 SOUP & SALAD VEGETABLE SOUP CHICKEN CHEFS SALAD, CHEESE, CROUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS & SALAD VEGETABLES 1000 ISLAND DRESSING POTATO SALAD ORANGE SECTIONS WHOLE GRAIN BREAD WITH MARGARINE CHOCOLATE MUFFIN (TRANS FAT FREE)</p>	<p>29 CREAMY SQUASH SOUP BURGUNDY BEEF MASHED POTATOES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD WITH MARGARINE FRESH BANANA</p>

SUBJECT TO CHANGE WITHOUT NOTICE * SUGGESTED DONATION \$2.00 *** 1% LOW FAT MILK INCLUDED
HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS**