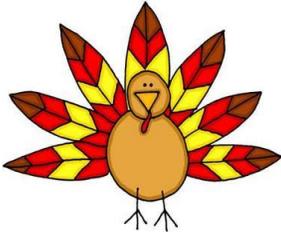


YWCA San Gabriel Valley - Intervale Senior Café

Sierra Madre Senior Center - Hart Park House, 222 West Sierra Madre Blvd.

Meal Reservations (BY NOON ON SERVING DAY PRIOR) & Center Info: 626-355-0256

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
	1 ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS TEX-MEX BROWN & WHITE RICE LS PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP	2 YOUR CHOICE CREAMY SQUASH SOUP & CRACKERS PORK LOIN ROAST IN LS SAUCE OR SALMON IN LS PESTO SAUCE W/ LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES MIXED VEGETABLES LETTUCE W/ RADISHES & MUSHROOMS SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	3 SWEDISH MEATBALLS W/ SOUR CREAM IN LS SAUCE SPIRAL PASTA GREEN BEANS CAESAR SALAD W/ DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE	4 CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS SLICED PEACHES
	7 ORANGE JUICE SWEET & SOUR PORK IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE	8 LENTIL SOUP & CRACKERS HAMBURGER PATTY W/ KETCHUP, MUSTARD, & RELISH PACKETS LETTUCE, TOMATO & ONION SLICES PARSLEY POTATOES CARROT COINS MACARONI SALAD WHOLE GRAIN HAMBURGER BUN CANTALOUPE	9 SOUP & SUB VEGETABLE SOUP & CRACKERS SUBMARINE SANDWICH W/ ROAST BEEF, TURKEY, & .5 OZ JACK CHEESE LETTUCE & TOMATO SLICES CREAMY COLESLAW SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING CARROT RAISIN SALAD HOAGIE ROLL FRESH ORANGE	10 ROSEMARY CHICKEN LEG & THIGH IN LS SAUCE HOT HARVARD BEETS FRESH SWEET POTATOES BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS
14 OVEN FRIED CHICKEN W/ LS GRAVY ROASTED POTATOES GREEN PEAS CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	15 ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	16 CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING CANTALOUPE	17 MINISTRONE SOUP & CRACKERS STUFFED BELL PEPPER W/ LS SAUCE BROCCOLI BAKED WINTER SQUASH STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	18 BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, ONION & TOMATO MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS
21 CREAMY SQUASH SOUP & CRACKERS ITALIAN MEATBALLS W/ LS TOMATO SAUCE ITALIAN SPAGHETTI NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISHES & CUCUMBER ITALIAN DRESSING GINGERED PEARS	22 HAWAIIAN CHICKEN W/ LS SAUCE RICE PILAF (BROWN & WHITE RICE) LS BLACK BEANS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ ½ CUP FRUIT & OATMEAL TOPPING	23 HAPPY THANKSGIVING ORANGE JUICE SLICED BAKED TURKEY W/ LS GRAVY AND CRANBERRY SAUCE CORNBREAD STUFFING PEAS W/ PEARL ONIONS GARDEN SALAD W/ CARROTS & RADISHES RANCH DRESSING PUMPKIN PIE	24 HAPPY  CENTERS	25 THANKSGIVING  CLOSED
28 ORANGE JUICE ROSEMARY CHICKEN IN LS SAUCE PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ ½ CUP FRUIT & OATMEAL TOPPING	29 STEAK PICADA W/ PICO DE GALLO IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA FRESH BANANA	30 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ IN LS TOMATO SAUCE W/ LEMON SLICE & TARTAR SAUCE BROWN & WHITE RICE FRESH SWEET POTATOES APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE CANTALOUPE	Administered by YWCA San Gabriel Valley & the Inland Communities 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 & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasg	

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**