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.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YWCA Intervale Senior Services		CHICKEN NOODLE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH BUTTER BEANS LETTUCE & TOMATO SALAD ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	2 YOUR CHOICE CREAMY SQUASH SOUP FISH VERA CRUZ, LEMON SLICE & TARTAR SAUCE OR TERIYAKI PORK W/ SAUCE BROWN & WHITE RICE CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE SPONGE CAKE W/ LEMON ICING	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
BROCCOLI CHEESE SOUP ROAST BEEF W/ GRAVY PARSLEY POTATOES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	CREAMY CORN SOUP ALL BEEF KNOCKWURST CHEESY MACARONI GREEN PEAS & CORN CARROT-BROCCOLI SALAD WHOLE GRAIN HOT DOG BUN W/ MARGARINE AMBROSIA	POTATO & ONION SOUP OVEN FRIED CHICKEN W/ GRAVY WHITE & BROWN RICE PILAF NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN ROLL W/ MARGARINE APPLE PIE	MINESTRONE SOUP W/ ½ C VEGETABLES ITALIAN MEATBALLS W/ SPAGHETTI W/ ITALIAN SAUCE BROCCOLI W/ BABY CORN TOSSED SALAD W/ RADISHES WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	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
CREAMY TOMATO SOUP SWEET & SOUR PORK W/ PINEAPPLE CHUNKS & GREEN PEPPER STRIPS RICE PILAF (BROWN/WHITE) MIXED CHINESE VEGGIES CREAMY COLESLAW (3/4 C) WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	CHICKEN NOODLE SOUP BEEF BURGUNDY W/ SAUCE MASHED POTATOES BROCCOLI & CORN SPINACH SALAD W/ RED GRAPES & BALSAMIC VINEGAR DRESSING WHOLE GRAIN ROLL W/ MARGARINE STRAWBERRY ICE CREAM	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	16 BROCCOLI CHEESE SOUP HERB CHICKEN W/ GRAVY AU GRATIN POTATES MIXED VEGETABLES LETTUCE SALAD W/ MANDARIN ORANGES FRENCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS	17 SPLIT PEA SOUP SALISBURY STEAK W/ BROWN GRAVY MASHED POTATOES NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
PRESIDENT'S DAY CENTERS CLOSED	VEGETABLE SOUP HAWAIIAN CHICKEN W/ SAUCE BABY RED ROASTED POTATOES BROCCOLI & CARROTS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	POTATO & ONION SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY RICE PILAF (BROWN/WHITE) GREEN BEANS & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE	BROCCOLI & CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES BUTTER BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE STRAWBERRY GELATIN W/ FRUIT COCKTAIL	SPLIT PEA SOUP & SALAD SPLIT PEA 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

CENTERS CLOSED

CITRUS FRUIT CUP 29

(TRANS FAT FREE)

27 **CREAMY TOMATO SOUP** PORK CHOP W/ GRAVY FRESH SWEET POTATOES **GREEN PEAS** TOSSED SALAD W/ **RADISHES & CARROTS CREAMY ITALIAN DRESSING** WHOLE GRAIN BREAD W/ MARGARINE **BUTTERSCOTCH PUDDING**

28

LENTIL SOUP SLOPPY JOES W/ PICKLE, **TOMATO & ONION SLICES CHEESY MACARONI LIMA BEANS & CCARROTS** WALDORF SALAD WHOLE GRAIN ROLL W/ MARGARINE **ORANGE SECTIONS**

CREAMY SQUASH SOUP ROSEMARY CHICKEN W/ GRAVY **MASHED POTATOES BROCCOLI & CORN MARINATED BEET & ONION** SALAD WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ **OATMEAL TOPPING**

Administered by

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