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January 2014

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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
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		1 **HAPPY NEW YEAR!** CENTER CLOSED	2 LENTIL SOUP ITALIAN SAUSAGE WITH GREEN PEPPERS SPAGHETTI WITH SAUCE GREEN BEANS & CARROTS GREEK SALAD WITH FETA CHEESE & DRESSING WHOLE GRAIN BREAD WITH MARAGARINE FRESH ORANGE SECTIONS	3 POTATO & ONION SOUP CHICKEN CACCIATORE RICE PILAF (BROWN/WHITE) CORN & BROCCOLI CREAMY COLESLAW WHOLE GRAIN BREAD WITH MARGARINE FRUIT COCKTAIL
6 BROCCOLI CHEESE SOUP ROAST PORK LOIN WITH GRAVY FRESH SWEET POTATO GREEN PEAS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD WITH MARGARINE FRESH APPLE	7 **YOUR CHOICE** CREAMY TOMATO SOUP HAWAIIAN CHICKEN WITH SAUCE OR SALMON WITH MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE PARSLEY POTATOES NORMANDY VEGETABLES APPLE SALAD WHOLE GRAIN BREAD WITH MARGARINE BUTERSCOTCH PUDDING	8 CHICKEN ALBONDIGAS SOUP STEAK PICADO (BEEF, GREEN PEPPERS, ONIONS, SAUCE) PICO DE GALLO SPANISH RICE (BROWN & WHITE) PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPERS SALAD FLOUR TORTILLA WITH MARGARINE FRESH BANANA	9 CREAMY SQUASH SOUP ROAST TURKEY W/GRAVY CRANBERRY SAUCE GARNISH MASHED POTATOES BUTTER BEANS & CORN SPINACH SALAD WITH MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD WITH MARGARINE CITRUS FRUIT CUP	10 **Soup & Sandwich** CHICKEN NOODLE SOUP TUNA SALAD SANDWICH WITH LETTUCE, TOMATO & MAYO THREE BEAN SALAD CARROT-BROCCOLI SLAW PINEAPPLE CHUNKS WHOLE GRAIN BREAD WITH MARGARINE PEACH PIE
13 SPLIT PEA SOUP BARBECUE CHICKEN LEG & THIGH WITH SAUCE SCALLOPED POTATOES NORMANDY VEGETABLES APPLE SALAD WHOLE GRAIN BREAD WITH MARGARINE TAPIOCA PUDDING	14 **SOUP N' SUB** NAVY BEAN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES POTATO SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL WITH MARGARINE FRESH BANANA	15 LENTIL SOUP BURGUNDY BEEF TIPS WITH SAUCE BUTTERED EGG NOODLES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD WITH MARGARINE SLICED HONEYDEW	16 **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	17 POTATO & ONION SOUP BEEF & CHEESE LASAGNA BROCCOLI & CARROTS CAESAR SALAD WITH CROUTONS & DRESSING WHOLE GRAIN BREAD WITH MARGARINE FRESH BANANA
20 **MARTIN LUTHER KING JR. DAY** CENTER CLOSED	21 NAVY BEAN SOUP BBQ PORK RIBLET WITH SAUCE BAKED WINTER SQUASH GREEN PEAS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN WITH MARGARINE CITRUS FRUIT CUP	22 **SOUP & SALAD** CREAMY TOMATO SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ORANGE SALAD SALAD VEGETABLES PINEAPPLE CHUNKS WHOLE GRAIN BREAD WITH MARGARINE SLICED HONEYDEW	23 **YOUR CHOICE** VEGETABLE SOUP CHIPOTLE ROAST PORK WITH SALSA **OR** FISH VERA CRUZ WITH SAUCE, SALSA, LEMON SLICE & TARTAR SAUCE TEX-MEX RICE (BROWN & WHITE) GREEN BEANS & CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/MARG. FRESH BANANA	24 LENTIL SOUP MEATLOAF WITH BROWN GRAVY MASHED POTATOES BROCCOLI & CORN ROMAINE SALAD WITH MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD WITH MARGARINE FRESH APPLE
27 POTATO & ONION SOUP ITALIAN MACARONI BEEF & CHEESE CASSEROLE FRESH SWEET POTATOES GARDEN SALAD W/GREEN PEPPERS & RADISHES RANCH DRESSING WHOLE GRAIN BREAD WITH MARGARINE GINGERED PEARS	28 CREAMY SQUASH SOUP ROAST PORK WITH GRAVY MASHED POTATOES CREAMED SPINACH MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD WITH MARGARINE SPICED APPLES	29 CHICKEN ALBONDIGAS SOUP BEEF FAJITAS (SHREDDED BEEF, GREEN PEPPERS, ONIONS, SAUCE) PICO DE GALLO SPANISH RICE (BROWN & WHITE) PINTO BEANS CARROT-RAISIN SALAD FLOUR TORTILLA W/MARG. SLICED CANTALOUPE	30 CREAMY TOMATO SOUP OVEN FRIED CHICKEN LEG & THIGH PARSLEY POTATOES CORN NIBBLETS GREEK SALAD WITH FETA CHEESE & DRESSING WHOLE GRAIN BREAD WITH MARGARINE CITRUS FRUIT CUP	31 **CHINESE NEW YEAR MENU** HOT AND SOUR SOUP BBQ PORK (CHAR SU) EGG FRIED RICE STEAMED BABY BOK CHOY & CARROTS FRESH ORANGE SECTIONS WHOLE GRAIN BREAD WITH MARGARINE FORTUNE COOKIES

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