

Langley Center Senior Cafe

400 West Emerson Avenue, Monterey Park

Reservations: 626-307-1395

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Juice Stuffed Bell Pepper Quinoa Green Peas Spinach Salad w/ Mushrooms Italian Dressing Cantaloupe <hr/> <i>Spinach Soup</i> <i>Chicken Vegetable Chow Mein</i> <i>Mustard Greens w/ Ginger</i> <i>Tofu w/ Mushrooms</i> <i>Pineapple Chunks</i>	2 Teriyaki Chicken Fried Rice (Brown & White) Baby Bok Choy Cabbage Salad W/ Asian Dressing Sliced Pears <hr/> <i>Wintermelon Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Tomato w/ Egg & Onions</i> <i>Fresh Banana</i>	3 <u>4TH OF JULY PICNIC</u> Orange Juice All Beef Hot Dog+ LS Baked Beans Potato Salad Carrot-Raisin Salad Whole Grain Hot Dog Bun Banana <hr/> <i>Mixed Vegetable Soup</i> <i>Curry Chicken</i> <i>Brown & White Rice</i> <i>Pumpkin w/ Garlic Sauce</i> <i>Sauteed Green Beans</i> <i>Fresh Orange Sections</i>	4  CENTERS CLOSED	5 LS Creamy Tomato Soup Tuna Salad Sandwich w/ Lettuce & Tomato Slice Macaroni Salad Zucchini Corn Pepper Salad Whole Grain Bread (2) Orange Sections <hr/> <i>Miso Soup</i> <i>Chicken Leg w/ Black Pepper Sauce</i> <i>Brown & White Rice</i> <i>Broccoli w/ Red Pepper</i> <i>Chinese Melon w/ Garlic</i> <i>Sliced Peaches</i>
8 Chicken Cacciatore Angel Hair Pasta Steamed Broccoli Apple Salad Whole Grain Bread Lemon Pudding <hr/> <i>Dry Bok Choy Soup</i> <i>Mackerel</i> <i>Brown & White Rice</i> <i>Stir Fried Yu Choy</i> <i>Sauteed Green Beans</i> <i>Fresh Apple</i>	9 LS Split Pea Soup Roast Beef & Swiss Hoagie Lettuce & Tomato Slice Potato Salad Spinach salad w/ Mushrooms Creamy Italian Dressing Orange Sections* <hr/> <i>Soybean Soup</i> <i>Diced Chicken</i> <i>Plain Noodles</i> <i>Pumpkin w/ Garlic</i> <i>Steamed Corn & Peas</i> <i>Fresh Orange Sections</i>	10 LS Chinese Vegetable Soup Salmon In Pesto Sauce Brown & White Rice Baked Winter Squash Cabbage Salad W/ Asian Dressing Gingered Sliced Pears <hr/> <i>Hot & Sour Soup</i> <i>Two Pigs Feet & Soy Sauce Egg</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Seaweed Salad</i> <i>Fresh Banana</i>	11 Orange Juice Swedish Meatballs W/ Buttered Egg Noodles Steamed Spinach LS Marinated Green Bean & Tomato Salad Sliced Peaches <hr/> <i>Pumpkin Soup</i> <i>Smoked Chicken</i> <i>Brown & White Rice</i> <i>Bean Sprouts w/ Sliced Carrots</i> <i>Stir Fried Bok Choy</i> <i>Sliced Cantaloupe</i>	12 Chicken in Wine Sauce Quinoa Mashed Sweet Potatoes Garden Salad w/ Italian Dressing Mango Chunks <hr/> <i>Creamy Corn Soup</i> <i>Steamed Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir Fried Cauliflower</i> <i>Sliced Pears</i>
15 Orange Juice* LS Salisbury Steak in Gravy Mashed Potatoes (Vit C Fort)* Peas & Carrots** LS Beet & Onion Salad Whole Grain Bread Sliced Pears <hr/> <i>Hot & Sour Soup</i> <i>Kung Pao Chicken</i> <i>Brown & White Rice</i> <i>Carrots w/ Seaweed</i> <i>Broccoli in Garlic</i> <i>Sliced Peaches</i>	16 Fish Vera Cruz Lime Cilantro Rice Ls Pinto Beans Garden Salad W/ French Dressing Flour Tortilla Mango Chunks* <hr/> <i>Miso Soup</i> <i>Sliced Pork w/ Cabbage & BBQ</i> <i>Tofu w/ Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Asian Cucumber</i> <i>Pineapple Chunks</i>	17 Herbed Baked Chicken Quinoa Lemon-Dill Broccoli* Apple Salad Whole Grain Bread Butterscotch Pudding <hr/> <i>Cabbage Soup</i> <i>Longli Fish w/ Miso Sauce</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Tomato w/ Egg & Onions</i> <i>Fresh Apple</i>	18 LS Lentil Soup Turkey & Cheese on a Whole Grain Hoagie Roll Lettuce & Tomato Slice Carrot-Raisin Salad** Creamy Coleslaw* Pineapple Chunks <hr/> <i>Corn Soup</i> <i>Pork Vegetable Chow Mein</i> <i>Chinese Squash w/ Garlic</i> <i>Stir Fried Yu Choy</i> <i>Fresh Banana</i>	19 LS Cream of Mushroom Soup Beef Stroganoff Buttered Noodles Baked Winter Squash** LS Three Bean Salad Whole Grain Bread Sliced Honeydew* <hr/> <i>Dry Bok Choy Soup</i> <i>Chicken W/ Cashews</i> <i>Brown & White Rice</i> <i>American Cabbage W/ Ginger</i> <i>Peas & Red Peppers</i> <i>Sliced Honeydew</i>
22 LS Minestrone Soup LS Turkey in Gravy Broccoli & Cauliflower* Caesar Salad w/ Dressing & Croutons Whole Grain Bread w/ Margarine Cinnamon Apples w/ Oatmeal Topping (1/2 C Fruit) <hr/> <i>Miso Soup</i> <i>BBQ Pork w/ Rice Noodles</i> <i>Pumpkin w/ Garlic</i> <i>Stir Fried Celery & Cauliflower</i> <i>Fresh Orange Sections</i>	23 LS Creamy Squash Soup Chicken Chef's Salad w/ Egg & Cheese Garnish Lettuce & Tomato Salad Ranch Dressing Creamy Coleslaw* Carrot-Raisin Salad** Bran Muffin w/ margarine Sliced Peaches <hr/> <i>Spinach Soup</i> <i>Mackerel</i> <i>Brown & White Rice</i> <i>Bean Sprouts w/ Sliced Carrots</i> <i>Chinese Cabbage w/ Garlic</i> <i>Fresh Apple</i>	24 Beef Chili Colorado Spanish Rice (Brown & White) LS Pinto Beans Garden Salad w/ Ranch Dressing Flour Tortilla w/ Margarine Orange Sections* <hr/> <i>Pumpkin Soup</i> <i>Smoked Chicken</i> <i>Brown & White Rice</i> <i>Broccoli w/ Red Pepper</i> <i>Lettuce w/ Oyster Sauce</i> <i>Sliced Pears</i>	25 Ls Bbq Pork Ribblet Roasted Potatoes Green Beans Spinach Salad W/ Mushrooms*** French Dressing Whole Grain Hamburger Bun W/ Margarine Fresh Banana* <hr/> <i>Soybean Soup</i> <i>Tilapia w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Sauteed Green Beans</i> <i>Pineapple Chunks</i>	26 Orange Juice* Sweet & Sour Chicken Fried Rice (Brown & White) Carrots** Garden Salad w/ 1000 Island Dressing Lime Gelatin w/ Pears <hr/> <i>Hot & Sour Soup</i> <i>Two Pigs Feet & Soy Sauce Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Seaweed Salad</i> <i>Fresh Banana</i>
29 LS Chinese Vegetable Soup Pork Chow Mein Chow Mein Noodles Baby Bok Choy** Cabbage Salad w/ Asian Dressing Whole Grain Bread Fresh Orange Sections* <hr/> <i>Corn Soup</i> <i>BBQ Chicken Leg & Thigh</i> <i>Brown & White Rice</i> <i>Lettuce w/ Oyster Sauce</i> <i>Asian Cucumber</i> <i>Sliced Cantaloupe</i>	30 Albondigas Soup Tostada Salad w/ Ground Beef, .5 oz. Cheese & Salsa LS Refried Beans Lettuce & Tomato Salad w/ Ranch Dressing LS Tortilla Chips Whole Grain Bread Mango Chunks* <hr/> <i>Cabbage Soup</i> <i>Soy Sauce Pork w/ Egg</i> <i>Brown & White Rice</i> <i>Mustard Greens w/ Ginger</i> <i>Stir Fried Cauliflower</i> <i>Sliced Peaches</i>	31 Rosemary Chicken Quinoa Baby Carrots** Pineapple Coleslaw* Whole Grain Bread Fresh Banana <hr/> <i>Miso Soup</i> <i>Longli Fish w/ Black Bean Sauce</i> <i>Brown & White Rice</i> <i>Stir Fried Bok Choy</i> <i>Steamed Corn & Peas</i> <i>Fresh Banana</i>	Administered by YWCA San Gabriel Valley 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 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447 email: info@ywcasgv.org www.facebook.com/ywcasgv www.instagram.com/ywcasgv	

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

Special Note: Fish May Contain Residual Bones After Preparation. Please Use Caution.