Live Oak
10144 Bogue St.,
Temple City, CA 91780

November 2026

Monday, Tuesday, Wednesday, Thursday and Friday @ 11a

Monday	Tuesday	Wednesday	Thursday	Friday
2 WINTER MELON SOUP BRAISED CHICKEN STIR FRY BEAN SPROUT CAULIFLOWER WITH RED PEPPER FRESH APPLE BROWN & WHITE RICE	**3** SPINACH SOUP SOLE FISH STIR FRY YU CHOY SLICED CARROTS FRESH BANANA BROWN & WHITE RICE	**4** MISO SOUP CHICKEN W/ CASHEWS ZUCCHINI SAUTEED GREEN BEANS FRESH ORANGE BROWN & WHITE RICE	**5** MUNG BEAN SOUP BBQ PORK WITH RICE NOODLE & VEGGIE BROCCOLI WITH GARLIC CANTALOUPE BROWN RICE	**6** CORN SOUP CURRY CHICKEN SAUTEED MUSTARD GREENS WITH GINGER STEAMED POTATOES CANNED SLICED PEACHES BROWN & WHITE RICE
9 LENTIL SOUP TWO PIGS FEET & SOY SAUCE EGG SWEET POTATO WITH GARLIC DAIKON CANNED SLICED PEACHES BROWN & WHITE RICE	**10** BOK CHOY SOUP CHICKEN CHOW MEIN SEAWEED SALAD PINEAPPLE CHUNKS ORANGES BROWN RICE	**11** VETERANS DAY	**12** CORN SOUP DICED CHICKEN STIR FRY BOK CHOY STIR FRY ZUCCHINI BANANA BROWN & WHITE RICE	**13** CABBAGE SOUP SOLE FISH W/ BLACK BEAN SAUCE TOFU WITH MUSHROOM GREEN BEANS FRESH ORANGE BROWN & WHITE RICE
16 SPINACH SOUP CHICKEN WITH CASHEWS STIR FRY BOK CHOY CORN FRESH APPLE BROWN & WHITE RICE	**17** HOT & SOUR SOUP SLICED PORK WITH BBQ TOFU STIR FRY PUMPKIN W/ GARLIC DAIKON CANTALOUPE BROWN & WHITE RICE	**18** MUNG BEAN SOUP KUNG PAO CHICKEN STIR FRIED CAULIFLOWER STEAMED CARROTS SLICED PEACHES BROWN & WHITE RICE	**19** SOYBEAN SOUP SOLE FISH WITH GINGER GARLIC SAUCE SAUTEED GREEN BEAN SEAWEED SALAD PINEAPPLE AND MANDARIN BROWN & WHITE RICE	**20** CREAMY CORN SOUP SOY SAUCE PORK RIBS STIR FRY ZUCCHINI WITH GARLIC STIR FRY YU CHOY FRESH BANANA BROWN & WHITE RICE
23 EGG FLOWER SOUP SHREDDED PORK STIR FRY BEAN SPROUTS MUSTARD GREENS CANNED PEARS BROWN & WHITE RICE	**24** MISO SOUP CHICKEN VEG CHOW MEIN GREEN PEAS ORANGE BROWN RICE	**25** HOT & SOUR SOUP SICHUAN PORK STEAMED BROCCOLI LETTUCE W/ OYSTER SAUCE FRESH APPLE BROWN & WHITE RICE	**26**  THANKSGIVING	**27** DAY AFTER THANKSGIVING
30 SOY BEAN SOUP CURRY CHICKEN STIR FRY PUMPKIN W/ GARLIC SEAWEED SALAD PINEAPPLE CHUNKS BROWN & WHITE RICE	**YWCA IS ON A MISSION** YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456	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.		

*** SUBJECT TO CHANGE WITHOUT NOTICE *** ALL ENTREES INCLUDE AN 8OZ CARTON OF MILK ***

PLEASE ENJOY WITH CAUTION: MAY CONTAIN RESIDUAL FISH BONE.

SUGGESTED DONATION OF $3

