

September 2025

MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS & FRIDAYS @ 11:30AM

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY	2 Mushroom Soup Spaghetti with Meat Sauce Green Beans Chopped Salad w/ Kale Pear/Peach	3 Beef Fajita Pinto Beans Tossed Green Salad Cantaloupe Tortilla	4 Roast Turkey Baked Yam or Sweet Potato Herbed Brussel Sprouts Pineapple Mango Cup Bread	5 Corn Chowder Tuna Salad Herbed Potato Salad Creamy Coleslaw Baked Apple Roll
8 Korean BBQ Herb Zucchini Broccoli Salad Pineapple Herbed Brown Rice	9 Garden Veg Soup Fish Vera Cruz Black Beans Creamy Coleslaw Banana Bread	10 Egg Drop Soup Chinese Chicken Salad Mixed Salad Fruit in Season Roll	11 Stuffed Bell Pepper Green Peas Romain Salad Orange Barley	12 Veg Paella Broccoli Spinach Salad Mango Brown Rice
15 Butternut Squash Soup Breaded Fish Yam Beets and Mandarins Peaches Bread	16 Meatloaf w/ Gravy Mashed Potato Brussels Sprouts Fruit Cup Roll	17 Veg Soup Turkey Veg Stir Fry Salad Poached Ginger Pear Bread	18 Veg Soup Chicken Cobb Salad Mesclun Salad Seasonal Fruit Roll	19 Bolognese w/ Penne Pasta. Herbed Zucchini Caesar Salad Fruit Cup
22 Southwest Chkn Bowl Shredded Cabbage Corn Salad Peaches Roll	23 Italian Wedding Soup Qucihe Broccoli Caesar Salad Orange Bread	24 Shepherds Pie Carrots Mixed Salad Greens Kiwi Whole Grain Roll	25 Mushroom Soups Baked Fish Almandine Green Beans Spinach Salad	26 Arroz Con Pollo Pinto Beans Shredded Cabbage Apple
29 Savory Beef Stew Herbed Brussels Sprouts Mashed Potatoes Roll	30 Enchilada Casserole Black Beans Mesclun Salad Kiwi Brown Rice	YWCA IS ON A MISSION		

*** SUBJECT TO CHANGE WITHOUT NOTICE *** ALL ENTREES INCLUDE AN 8oz CARTON OF MILK ***
VOLUNTARY CONTRIBUTION OF 3\$ ***

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.

PASADENA

North Hills Kitchen