

October 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456	YWCA IS ON A MISSION	1 Lentil Soup Baked Pollack Yellow Squash Broccoli Salad Applesauce Barley Pilaf	2 BBQ Chicken Tri Color Coleslaw Canned Pear Macaroni Cheese Roll	3 Hot Turkey Sandwich Green Beans Spinach Salad Orange Whole Grain Bread
6 Vegetarian Chili Broccoli Mixed Salad Greens Pineapple Bread	7 Hawaiian Chicken Breast Mesclun Salad Cantaloupe or Tangerine Rice	8 Turkey Milanese Zucchini Chopped Mixed Salad Banana Whole Grain linguine	9 Split Pea Soup Salmon w/Dill Sauce Green beans Beet Salad Orange Roll	10 Hot & Sour Soup Asian Beef Stir Fry Mixed Asian Veg Salad Carrot Raisin Salad Kiwi Brown Rice
13 Indigenous Peoples Day	14 Mushroom Soup Spaghetti with Meat Sauce Green Beans Chopped Salad w/ Kale Pear/Peach	15 Beef Fajita Pinto Beans Tossed Green Salad Cantaloupe Tortilla	16 Roast Turkey Baked Yam or Sweet Potato Herbed Brussel Sprouts Pineapple Mango Cup Bread	17 Corn Chowder Tuna Salad Herbed Potato Salad Creamy Coleslaw Baked Apple Roll
20 Korean BBQ Herb Zucchini Broccoli Salad Pineapple Herbed Brown Rice	21 Garden Veg Soup Fish Vera Cruz Black Beans Creamy Coleslaw Banana Bread	22 Tomato Basil Soup Chicken Dijon Chopped Salad Peaches Roll	23 Stuffed Bell Pepper Green Peas Romain Salad Orange Barley	24 Veg Paella Broccoli Spinach Salad Mango Brown Rice
27 Butternut Squash Soup Breaded Fish Yam Beets and Mandarins Peaches Bread	28 Meatloaf w/ Gravy Mashed Potato Brussels Sprouts Fruit Cup Roll	29 Veg Soup Turkey Veg Stir Fry Salad Poached Ginger Pear Bread	30 Caribbean Chicken Red Beans Mesclun Salad Kiwi Brown Rice	31 HALLOWEEN Bolognese w/ Penne Pasta. Herbed Zucchini Caesar Salad Fruit Cup

*** 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.

NORTH HILLS