

PASADENA SENIOR CENTER
85 E. HOLLY ST,
PASADENA, CA 91103

November

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

Monday

Tuesday

Wednesday

Thursday

Friday

3 Savory Beef Stew Herbed Brussels Sprouts Mashed Potatoes Fresh Fruit Roll	4 Italian Wedding Soup Qucihe Broccoli Caesar Salad Orange Bread	5 Shepherds Pie Carrots Mixed Salad Greens Kiwi Whole Grain Roll	6 Mushroom Soups Baked Fish Almandine Green Beans Spinach Salad	7 Arroz Con Pollo Pinto Beans Shredded Cabbage Apple
10 Savory Beef Stew Herbed Brussels Sprouts Mashed Potatoes Roll	11 VETERANS DAY 	12 Lentil Soup Baked Pollack Yellow Squash Broccoli Salad Applesauce Barley Pilaf	13 BBQ Chicken Tri Color Coleslaw Canned Pear Macaroni Cheese Roll	14 OPEN FACE Hot Turkey Sandwich Green Beans Spinach Salad Orange Whole Grain Bread
17 Vegetarian Chili Broccoli Mixed Salad Greens PIneapple Bread	18 Hawaiian Chicken Breast Mesclun Salad Cantaloupe or Tangerine Rice	19 Turkey Milanese Zucchini Chopped Mixed Salad Bananana Whole Grain linguine	20 Split Pea Soup Salmon w/Dill Sauce Green beans Beet Salad Orange Roll	21 Hot & Sour Soup Asian Beef Stir Fry MIXed Asian Veg Salad Carrot Raisin Salad Kiwi Brown Rice
24 Mediterranean Chicken Spinach Tomato & Cucumber Salad Fruit Barley with Herbs	25 Mushroom Soup Spaghetti with Meat Sauce Green Beans Chopped Salad w/ Kale Pear/Peach	26 TURKEY BREAST W/ GRAVY OR CORNISH HEN GREEN BEANS W ALMOND OR ASPARAGUS TOSSED GREEN SALAD STUFFING OR BREAD	27 	28

**YWCA
IS ON A
MISSION**

YWCA San Gabriel
Valley
Senior Services
Department
101 S. Barranca
Avenue,
Covina, CA 91724
Phone: 626-214-9456

*** 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 Kitchen