

April 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Fajita Pinto Beans Tossed Green Salad Cantaloupe or tangerin Tortilla	2 Easter Meal Turkey w/ Sauce Whipped Sweet Potato Mixed Green Salad W/ Strawberries Brown Rice Pilaf	3 Corn Chowder Tuna Salad or Baked Fish Herbed Potato Salad Creamy Coleslaw Baked Apple Roll
6 Korean BBQ Herb Zucchini Broccoli Salad Pinapple Herbed Brown Rice	7 Garden Veg Soup Fish Vera Cruz Black Beans Creamy Soup Banana Bread	8 Tomato Basil Soup Chicken Dijon Green Beans Chopped Salad Peach or Pear Roll	9 Stuffed Bell Pepper Green Peas Romaine Salad Orange or Tangerine Roll	10 Vegetarian Paella Broccoli Spinach Salad Mango Brown Rice
13 Butternut Squash Soup Breaded Baked Fish Yam or Sweet Potato Beet & Mandarin Peaches or Plum Bread	14 Meatloaf n Gravy Garlic Mashed Potatoes Brussels Sprouts Pineapple or Mango	15 Veg Soup Turkey Veg Stir Fry Cabbage Salad Poashed Ginger Pear Lo Mein Noodle Bread	16 Caribbean Chicken Red Beans Mesclun Salad Kiwi Brown Rice Pilaf	17 Bolognese W/ Penne Pasta Herbed Zucchini Yellow Squash Caesar Salad Fruit Cup
20 Chicken Adobo Green Peas Marinated Bell Pepper Pear or Peach Spanish Brown Rice	21 Italian Wedding Soup Quiche Broccoli Caesar Salad Orange Bread	22 Shepherds Pie Carrots Mixed Salad Greens Kiwi Roll	23 Mushroom Soup Baked Fish Almandine Green Beans Spinach Salad Barley w/ Herbs	24 Arroz Con Polo Pinto Beans Shredded Cabbage Salad Apple Brown Rice
27 Savory Beef Stew Herbed Brussel Sprouts Mashed Potatoes Fruit in Season Roll	28 Enchilada Casserole Black Beans Mesclun Salad Kiwi Spanish Brown Rice	29 Lentil Soup Baked Pollack w/ Lemon Sauce Yellow Squash Broccoli Salad Applesauce Barley Pilaf	30 BBQ Chicken Tri Color Coleslaw Canned Pear Macaroni with Cheese Roll	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 ***

SUGGESTED DONATION OF 3\$

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