

august 2026

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

monday	tuesday	wednesday	thursday	friday
3 bolognese w penne pasta herbed zucchini cesar salad orange	4 leek soup baked salmon w/ thai chili sauce oven roasted carrots cauliflower w/ herbs pineapple mango fruit cup roll	5 turkey caprese salad bowl spinach salad strawberries or cantaloupe roll	6 tofu veg soup korean bbq beef steamed broccoli dill cucumber salad mandarin fruit cup brown rice pilaf	7 stuffed bell pepper green peas with onions romaine salad fresh fruit in season barley roll
10 Arroz Con Pollo Pinto Bean Shredded Cab Salad Apple	11 Butternut Squash Soup Curried Lentils Broccoli Salad Orange Quinoa	12 Butternut Squash Soup Curried Lentils Broccoli Salad Orange Quinoa	13 Chicken Cobb Salad Mixed Salad Greens' Fresh Seasonal Fruit roll	14 tomato soup herb crusted tilapia green beans spinach kale salad banana roll yogurt parfait
17 corn chowder turkey burger baked beans carrots orange	18 savory beef stew green peas mashed potatoes fruit roll	19 chicken mole squash medley spring salad mango spanish brown rice cookie	20 garden veg soup baked fish herbed cannellin beans broccoli salad cinnamon applesauce pasta	21 southwest chicken bowl shredded cabbage marinated bell pepper peaches or melon roll
24 veg chili broccoli mixed salad greens fruit cup or kiwi quinoa pilaf	25 jamaican jerk chicken sweet potato pineapple coleslaw fruit in season brown rice	26 mushroom soup potato crusted pallock sandwich herbed lentils orange	27 house made turkey meatloaf corn spinach kale salad banana bread pudding	28 hot & sour soup asian beef stir fry mixed asian veggies romain salad mango fruit cup pineapple sautee brown rice
31 tomato basil soup tuna salad herbed potato salad creamy coleslaw baked apple or applesauce roll			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\$

North
Hills