

SEPTEMBER 2026

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

Monday

Tuesday

Wednesday

Thursday

Friday

YWCA IS ON A MISSION

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

1 Linguine w/
Meat Sauce
Broccoli
Chopped Salad
Peach or Pear

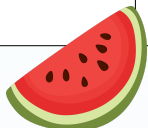
2 Tandoori Chicken
Peas & Corn
Spinach Salad
Pineapple & Mandarin
Rice Pilaf

3 Fideo Soup
Beef Fajita
Pinto Beans
Spring Mix Salad
Cantaloupe or Mango
Tortilla

4 **DAY OF LABOR MEAL**
CHEESE BURGER
BROCCOLI SALAD
GREEN SALAD
CANTALOUPE OR
STRAWBERRIES
MAC SALAD



LABOR DAY



8 Beef Meatloaf
Mashed Potato
Green Bean
Orange
Roll

9 Garden Veg Soup
Baked Fish Jambalaya
Carrots
Broccoli Slaw
Plum or Pear
Brown Rice

10 BBQ Pulled Chkn
Sanwich
Brussels Sprouts
Chopped Salad
Apple
Roll

11 Chick Chana Masala
Sweet Potato
Spinach Salad
Banana
Couscous



14 Bolognese w/ Penne
Pasta
Zucchini & Yellow Sqsh
Caser Salad
Orange

15 Leek Soup
Baked Salmon
w/ Thai Chili
Carrots
Cauliflower
Pina Y Mango Cup
Roll

16 Oven Fried Chicken
Baked Beans
Spinach Kale
Banana
Stuffing

17 Tofu Veg Soup
Korean BBQ Beef
Steamed Broccoli
Dill Cucumber Salad
Mandarin Fruit Cup
Brown Rice

18 Stuffed Bell Pepper
Green Peas
Romaine Salad
Fresh Fruit
Barley in Entree

Bye Summer!

21 Arroz Con Polo
Pinto Bean
Shredded Cab
Apple

22 Butternut
Squash Soup
Curried Lentils
Broccoli
Salad
Orange
Quinoa

hello FALL

23 Beef Straganoff
Parslied Carrots
Mesclun Salad
Pineapple or Kiwi

24 Chicken Cobb
Mixed Salad Greens
Fruit
Roll



25 Tomato Soup
Herb Crusted
Tilapia
Green Beans
Kale Salad
Banana
Roll



28 Corn Chowder
Turkey Burger
Baked Beans
Carrots

29 Savory Beef Stew
Green Peas & Onions
Mashed Potatoes
Roll

30 Chicken Mole
Squash Medley
Spring Salad
Mango
Spanish Brown Rice



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 ***

SUGGESTED DONATION OF 3\$