



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	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.		1 Garden Veg Soup baked fish herbed cannellin beans broccoli salad cinnamon applesauce pasta	2 Chefs Choice BBQ Chicken or Pork ** Collard Greens Coleslaw w/ Red Cabbage & Carrots Fruit in season Macaroni & Cheese
5 veg chili broccoli mixed salad greens fruit cup or kiwi quinoa pilaf	6 jamaican jerk chicken sweet potato pineapple coleslaw fruit in season brown rice	7 Mushroom Soup Potato Crusted pallock sandwich herbed lentils orange	8 house made turkey meatloaf corn spinach kale salad banana bread pudding	9 hot & sour soup asian beef stir fry mixed asian veggies romain salad mango fruit cup pineapple sautee brown rice
12 Indigenous Peoples Day	13 Linguine w/ Meat Sauce Broccoli Chopped Salad Peach or Pear	14 Tandoori Chicken Peas & Corn Spinach Salad Pineapple & Mandarin Rice Pilaf	15 Fideo Soup Beef Fajita Pinto Beans Spring Mix Salad Cantaloupe or Mango Tortilla	16 Greek Chicken Breast Roasted Carrots with Herbs Dill Cucumber Salad Orange or Tangerine Quinoa
19 Turkey Enchilada Casserole Beans Mesclun Salad Mango Fruit Cup Spanish Brown Rice	20 Beef Meatloaf Mashed Potato Green Bean Orange Roll	21 Garden Veg Soup Baked Fish Jambalaya Carrots Broccoli Slaw Plum or Pear Brown Rice	22 BBQ Pulled Chicken Sanwich Brussels Sprouts Chopped Salad Apple Roll	23 Chicken Chana Masala Sweet Potato Spinach Salad Banana Couscous
26 Bolognese w/ Penne Pasta Zucchini & Yellow Sqsh Caser Salad Orange	27 Leek Soup Baked Salmon w/ Thai Chili Carrots Cauliflower Pina Y Mango Cup Roll	28 Oven Fried Chicken Baked Beans Spinach Kale Banana Stuffing	29 Tofu Veg Soup Korean BBQ Beef Steamed Broccoli Dill Cucumber Salad Mandarin Fruit Cup Brown Rice	30 Stuffed Bell Pepper Green Peas Romaine Salad Fresh Fruit Barley in Entree



*** SUBJECT TO CHANGE WITHOUT NOTICE *** ALL ENTREES INCLUDE AN 8OZ CARTON OF MILK *** **SUGGESTED DONATION OF \$3**

PLEASE ENJOY WITH CAUTION: MAY CONTAIN RESIDUAL FISH BONE.



North Hills