Pasadena Senior Center
85 E. Holly St,
Pasadena, CA 91103

November 2026

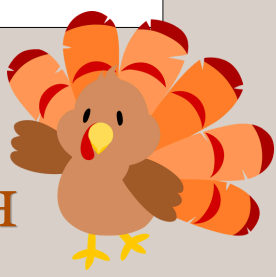
MONDAYS,TUESDAYS, WEDNESDAYS, THURSDAYS & FRIDAYS @ 11:30AM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Arroz Con Polo Pinto Bean Shredded Cab Apple	3 Butternut Squash Soup Curried Lentils Broccoli Salad Orange Quinoa	4 Beef Straganoff Parslied Carrots Mesclun Salad Pineapple or Kiwi	5 Honey Mustard Chicken Peas & Corn Marinated Bell Pepper & Tomato Salad Pear or Peach Barley Pilaf	6 Tomato Soup Herb Crusted Tilapia Green Beans Kale Salad Banana Roll
9 Corn Chowder Turkey Burger Baked Beans Carrots	10 Savory Beef Stew Green Peas & Onions Mashed Potatoes Roll	11 VETERANS DAY	12 Garden Veg Soup Baked Fish W/ Garlic Marsala Broccoli Salad Cinnamon AppleSauce Pasta	13 **Chefs Choice** BBQ Chicken **OR** Pork Collard Greens Coleslaw Fresh fruit Mac N Cheese
16 veg chili broccoli mixed salad greens fruit cup or kiwi quinoa pilaf	17 jamaican jerk chicken sweet potato pineapple coleslaw fruit in season brown rice	18 Mushroom Soup Potato Crusted pallock sandwich herbed lentils orange	19 house made turkey meatloaf corn spinach kale salad banana bread pudding	20 hot & sour soup asian beef stir fry mixed asian veggies romain salad mango fruit cup pineapple sautee brown rice
23 Tomato Basil Soup Tuna Salad Herbed Potato Salad Creamy Coleslaw Apple Sauce Roll	24 Linguine w/ Meat Sauce Broccoli Chopped Salad Peach or Pear	25 **Chefs Choice** Turkey Breast with Gravy **OR** Cornish Hen Green Beans with Almonds **OR** Asparagus Tossed Green Salad Herb Stuffing	26  THANKSGIVING	27 DAY AFTER THANKSGIVING
30 Turkey Enchilada Casserole Pinto or Black Beans Mesclun Salad Mango Fruit Cup Spanish Brown Rice	**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



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