



monday

tuesday

wednesday

thursday

friday

<p>2</p> <p>BUTTERNUT SQUASH SOUP BREADED BAKED FISH W/ TARTAR SAUCE YAM OR SWEET POTATO BEET &amp; MANDARIN PEACHES BREAD</p>	<p>3</p> <p>MEATLOAF WITH GRAVY GARLIC MASHED POTATOES BRUSSELS SPROUTS PINEAPPLE MANGO FRUIT CUP ROLL</p>	<p>4</p> <p>VEG SOUP TURKEY VEG STIR FRY SALAD GINGER PEAR LO MEIN NOODLES BREAD</p>	<p>5</p> <p>CARIBBEAN CHICKEN RED BEANS MESCLUN SALAD KIWI BROWN RICE PILAF</p>	<p>6</p> <p>TUNA SALAD SPINACH SALAD POTATO SALAD ROLL</p>
<p>9</p> <p>CHICKEN ADOBO GREEN PEAS MARINATED BELL PEPPER PEAR OR PEACH SPANISH BROWN RICE</p>	<p>10</p> <p>ITALIAN WEDDING SOUP QUICHE BROCCOLI CAESAR SALAD ORANGE BREAD</p>	<p>11</p> <p>SHEPHERDS PIE CARROTS MIXED SALAD GREENS KIWI ROLL</p>	<p>12</p> <p>ARROZ CON POLLO PINTO BEANS SHREDDED CABBAGE</p>	<p>13</p> <p>BAKED FISH ALMANDINE GREEN BEANS W/ HERBS SPINACH SALAD BARLEY WITH HERBS YOGURT PARFAIT</p>
<p>16</p> <p>SAVORY BEEF STEW HERBED BRUSSELS SPROUTS MASHED POTATOES FRESH FRUIT ROLL</p>	<p>17</p>  <p><b>St Patrick's Day</b></p> <p>CORN BEEF RED POTATOES STEAMED CABBAGE CARROTS KIWI OR GRAPES ORANGE JUICE RYE BREAD VANILLA PUDDING</p>	<p>18</p> <p>LENTIL SOUP BAKED POLLACK N' LEMON SUACE YELLOW SQUASH BROCCOLI SALAD APPLE SAUCE BARLEY PILAF</p>	<p>19</p> <p>BBQ CHICKEN GREEN PEAS COLESLAW CANNED PEAR MAC N CHEESE</p>	<p>20</p> <p>VEG FRITTATA GREEN BEANS SPINACH SALAD ORANGE ROLL</p>
<p>23</p> <p>HAWAIIAN CHICKEN BREAST MESCLUN SALAD CANTALOUPE OR TANGERINE BROWN RICE</p>	<p>24</p> <p>VEG CHILI BROCCOLI MIXED SALAD GREENS PINEAPPLE &amp; MANGO BREAD</p>	<p>25</p> <p>TURKEY MILANESE ZUCCHINI CHOPPED MIXED SALAD BANANA</p>	<p>26</p> <p>HOT N' SOUR SOUP ASIAN BEEF STIR FRY MIXED ASIAN VEG CARROT RAISIN SALAD KIWI BROWN RICE</p>	<p>27</p> <p>SPLIT PEA SOUP SALMON WITH DILL SAUCE GREEN BEANS BEET SALAD ORANGE ROLL</p>
<p>30</p> <p><b>Cesar Chavez Day</b></p> 	<p>31</p> <p><b>Cesar Chavez Meal</b></p> <p>CHICKEN MOLE PEAS &amp; CARROTS TOMATO CUCUMBER SALAD FRESH FRUIT SPANISH BROWN RICE FLAN WITH CINNAMON</p>			<p><b>YWCA IS ON A MISSION</b></p> <p>YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456</p>

\*\*\* SUBJECT TO CHANGE WITHOUT NOTICE \*\*\* ALL ENTREES INCLUDE AN 8oz CARTON OF MILK \*\*\*

\*\*SUGGESTED DONATION OF 3\$\*\*

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.