

# December 2024

Monday

Tuesday

Wednesday

Thursday

Friday

2 Chicken Curry Winter Squash Cucumber Salad Fresh Pear White Rice Bread	3 Swedish Meatball Green Peas Romaine Salad Kiwi Noodles	4 Crn of Broccoli Chicken Chipotle Cauliflower Mixed Green Salad Banana Brown Rice	5 Beef Lasagna Carrots Creamy Coleslaw Peaches	6 Baked Fish with Crumb topping Harvard Beets Bean Salad Orange Barley Pilaf
9 Beef Hamburger Carrot Salad Sliced Lettuce & Tomato Strawberries	10 Butternut Squash Soup Soft Chicken Taco Pinto Beans Mandarin Brown Rice	11 Hot Roast Beef Mashed potato Beet Salad Fruit Bread	12 Cabbage Soup Crispy Chicken Broccoli Spring Mix Salad Banana Roll	13 Baked Fish with Tartar Sauce Baked Yam Pineapple/Mango Cilantro Brown Rice
16 Chicken Divan Green Beans Spinach Salad Peach or Pear Brown Rice	17 Meatloaf Mashed Potato Romain Iceberg with Cucumber Pineapple & Mango Bread	18 Cm of Mushroom Chicken Parm Winter Squash Broccoli Slaw Banana Spaghetti Sourdough	19 Stuffed Bell Pepper Carrots Mesclun Salad Cantaloupe Bread	20 Veg Lasagna Cauliflower & Peas Caesar Salad Mandarin Roll
23 Scrambled Egg with Diced Ham Oven Roasted Potatoes Sunshine Salad Fruit French Toast	24	25 <b>CHRISTMAS</b>		26
30	31	27		

eliminating racism  
empowering women

**ywca**  
San Gabriel Valley

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 8 oz carton of milk  
\*\*\* suggested donation of 3\$ \*\*\*

San Dimas Senior Center  
201 E. Bonita Ave. San Dimas, CA. 91773

Monday, Tuesday, Wednesday,  
Thursday, and Friday at 11am

