

August 2025

MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS AND FRIDAYS @11:00AM

Monday	Tuesday	Wednesday	Thursday	Friday
	YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456			1 Baked Fish W/ Tartar Sauce Harvard Beets Marinated 3 Bean Salad Pineapple and Mango Couscous with Parsley Roll
4 Beef Hamburger Baked Beans Strawberries	5 Cream of Mushroom Chicken Mole Broccoli Spring Mix Banana Brown Rice	6 Hot Roast Beef Mashed Potato Marinated Beet Salad Applesauce Roll	7 Tomato Basil Soup Chicken Curry Butternut Squash Asian Cucumber Salad Mandarin Orange Cup Couscous Roll	8 Beef Barley Soup Pork Carnitas Baked Yams Shredded Cabbage Cantaloupe Barley
11 Spiced Butternut Squash Soup Chicken Parm Broccoli Slaw Pear Sourdough Bread	12 Lentil Soup Turkey Meatloaf Mashed Potatoes Romaine Salad Pineapple Mango Roll	13 Chicken Divan Green Beans Spinach Salad Mandarin Oranges Barley Pilaf	14 Beef Chop Suey Carrots Mesclun Salad Kiwi or Strawberries Brown Rice	15 Breaded Fish Cauliflower & Peas Caesar Salad Orange Bread
18 MEXICAN BEEF STEW W BELL PEPPERS & ONIONS BLACK BEANS SPINACH SALAD W MUSHROOMS KIWI SPANISH BROWN RICE FLOUR TORTILLA	19 BBQ Pork Riblets Green Peas W/ Pearl Onions Coleslaw Pear Bun	20 Spaghetti & Meat Carrots Romaine Salad w/ Italian dressing Strawberries Sourdough Bread	21 Turkey or Chicken Sandwich Brussels Sprouts Banana	22 Salisbury Steak Fresh Baked Sweet Potatoes Cantaloupe Barley Pilaf
25 Chicken Alfredo Brussels Sprouts Mesclun Salad w/ Celery Fresh Fruit Sourdough Bread	26 Beef Fajitas Pinto Beans Spinach Salad Brown Rice Tortilla	27 Crispy Chicken Green Beans Coleslaw Banana Bread	28 Stuffed Bell Pepper Broccoli Beet and Mandarin Salad Apple Sauce Brown Rice	29 Labor Day Meal BBQ Chicken Baked Beans Corn Cobbett Sunset Salad Watermelon Roll

*** SUBJECT TO CHANGE WITHOUT NOTICE *** ALL ENTREES INCLUDE AN 8oz CARTON OF MILK ***
VOLUNTARY CONTRIBUTION 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.

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