

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



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Chicken Adobo Green Peas Marinated Bell Pepper Pear or Peach Spanish Brown Rice	2 Italian Wedding Soup Quiche Broccoli Caesar Salad Orange Bread	3 Shepherds Pie Carrots Mixed Salad Greens Kiwi Roll	4 Arroz Con Pollo Pinto Beans Shredded Cabbage	5 Baked Fish Almandine Green Beans w/ Herbs Spinach Salad Barley with herbs Yogurt Parfait
8 Savory Beef Stew Herbed Brussels Sprouts Mashed Potatoes Fresh Fruit Roll	9 Enchilada Casserole Black Beans Mesclun Salad Mango Cup Spanish Brown Rice	10 Lentil Soup Baked Pollack N' Lemon Suace Yellow Squash Broccoli Salad Apple Sauce Barley Pilaf	11 BBQ Chicken Green Peas Coleslaw Canned Pear Mac n Cheese	12 Veg Frittata Green Beans Spinach Salad Orange Roll
15 Veg Chili Broccoli Mixed Salad Greens Pineapple & Mango Bread	16 Hawaiian Chicken Breast Mesclun Salad Cantaloupe or Tangerine Brown Rice	17 Turkey Milanese Zucchini Chopped Mixed Salad Banana	18 FATHERS DAY MEAL Pot Roast Mashpotato Peas w/ Pearl Onions Fresh fruit Dinner Roll Chocolate Cake	19 JUNETEENTH
22 Mediterranean Chicken Sautee Spinach Tomato & Cucumber Salad Kiwi or Orange Barley with herb	23 Mushroom Soup Spaghetti N' Meat Sauce Green Beans Broccoli Chopped Salad N' Kale Pear	24 Beef Fajita Pinto Beans Green Salad Cantaloupe or Tangerine Tortilla	25 Roast Turkey Breast Baked Yam or Sweet Potato Herbed Brussel Sprouts Pineapple N' Mango Cup Bread	26 Chefs Choice** Corn Chowder tuna salad** or baked fish** hrbed potato salad Creamy Coleslaw Applesauce roll
29 Korean BBQ Herb Zucchini Broccoli Salad Pineapple Herbed Brown Rice	30 Garden Veg Soup Fish Vera Cruz Black Beans Creamy Coleslaw Banana Bread		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.	YWCA IS ON A MISSION YWCA SAN GABRIEL VALLEY SENIOR SERVICES DEPARTMENT 101 S. BARRANCA AVENUE, COVINA, CA 91724 PHONE: 626-214-9456

PLEASE ENJOY WITH CAUTION: MAY CONTAIN RESIDUAL FISH BONE.

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

SUGGESTED DONATION OF 3\$

NORTH HILLS