



SAN DIMAS SENIOR CENTER
201 E. BONITA AVE. SAN
DIMAS, CA. 91773



MONDAY, TUESDAY,
WEDNESDAY, THURSDAY,
AND FRIDAY AT 11AM

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
3 BEEF HAMBURGER CARROT SALAD SLICED LETTUCE & TOMATO STRAWBERRIES	4 BUTTERNUT SQUASH SOFT CHICKEN TACOS PINTO BEANS LETTUCE & TOMATO FRUIT BROWN RICE FLOUR TORTILLA	5 HOT ROAST BEEF MASHED POTATOES MARINATED BEET SALAD APPLESAUCE OR WATERMELON BREAD	6 CABBAGE SOUP CRISPY CHICKEN BROCCOLI SPRING MIX SALAD BANANA BREAD	7 PORK CARNITAS BAKED YAMS FRUIT CILANTRO BROWN RICE
10 CHICKEN DIVAN GREEN BEANS SPINACH SALAD PEACH OR PEAR BROWN RICE	11 MEATLOAF MASHED POTATOES ROMAINE AND ICEBERG LETTUCE PINEAPPLE AND MANGO BREAD	12 CRM OF MUSHROOM CHICKEN PARMESAN WINTER SQUASH BROCCOLI SLAW BANANA SPAGHETTI SOURDOUGH	13 STUFFED BELL PEPPER CARROTS MASLCUN SALAD CANTALOUPE BREAD	14 BREADED FISH CAULIFLOWER & PEAS CEASAR SALAD FRUIT ROLL
17 CORNED BEEF CABBAGE SALAD POTATO FRUIT SALAD BREAD	18 BUTTERNUT SQUASH SOUP CHICKEN A LA TRIO BRUSSELS SPROUTS SPINACH SALAD BANANA	19 MEXICAN BEEF STEW BLACK BEANS LETTUCE & TOMATO SALAD KIWI SPANISH BROWN RICE	20 CHICKEN CILANTRO SOUP BBQ PULLED PORK POTATO WEDGES COLESLAW PEAR OR STRAWBERRIES	21 SALISBURY STEAK BAKED YAMS ROMAINE SALAD CANTALOUPE BREAD
24 OVEN BAKED CHICKEN GREEN BEANS COLESLAW BANANA BREAD	25 BEEF CHOP SUEY BROCCOLI BEET & MANDARIN SALAD APPLESAUCE BROWN RICE	26 VEG SOUP CHICKEN ALFREDO BRUSSELS SPROUTS MESCLUN SALAD FRESH FRUIT SOURDOUGH BREAD	27 BEEF FAJITAS PINTO BEANS SPINACH SALAD BROWN RICE FLOUR TORTILLA	28 SPLIT PEA SOUP TUNA SANDWICH CARROT RAISIN SALAD LETTUCE & TOMATO SLICE PINEAPPLE AND MANGO BREAD
31 *CLOSED* CESAR CHAVEZ DAY			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

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

Trio - Azusa

