

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

# May 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<b>YWCA San Gabriel Valley</b> <b>Senior Services Department</b> <b>101 S. Barranca Avenue,</b> <b>Covina, CA 91724</b> <b>Phone: 626-214-9456</b>		<b>ELIMINATING RACISM</b> <b>EMPOWERING WOMEN</b> <b>YWCA</b> <b>SAN GABRIEL VALLEY</b>	<b>CHICKEN CILANTRO SOUP</b> <b>BBQ PULLED PORK</b> <b>POTATO WEDGES</b> <b>COLESLAW</b> <b>PEAR OR STRAWBERRIES</b>	<b>BAKED FISH W/ LEMON SAUCE</b> <b>OR</b> <b>SALISBURY STEAK</b> <b>BAKED YAMS</b> <b>ROMAINE SALAD</b> <b>CANTALOUPE BREAD</b>
 <b>CHIPOTLE CHICKEN</b> <b>REFRIED BEANS</b> <b>CUCUMBER SALAD</b> <b>FRUITMEXICAN BROWN RICE</b> <b>FLOWER TORTILLA</b>	<b>BEEF CHOP SUEY</b> <b>BROCCOLI</b> <b>BEET &amp; MANDARIN SALAD</b> <b>APPLESAUCE</b> <b>BROWN RICE</b>	<b>VEG SOUP</b> <b>CHICKEN ALFREDO</b> <b>BRUSSELS SPROUTS</b> <b>MESCLUN SALAD</b> <b>FRESH FRUIT</b> <b>SOUDOUGH BREAD</b>	<b>BEEF FAJITAS</b> <b>PINTO BEANS</b> <b>SPINACH SALAD</b> <b>BROWN RICE</b> <b>FLOUR TORTILLA</b>	 <b>CHICKEN IN WINE SAUCE</b> <b>PEAS &amp; PIMIENTOS SALAD</b> <b>BROWN RICE BISCUIT</b>
<b>BEEF STRIPS WITH MUSHROOM SAUCE</b> <b>STEAMED SPINACH</b> <b>GREEN SALAD</b> <b>STRAWBERRIES</b> <b>PASTA</b>	<b>CORN CHOWDER</b> <b>LEMON PEPPER SAUCE</b> <b>CAULIFLOWER</b> <b>MARINATED CUCUMBER</b> <b>BANANA BREAD</b>	<b>TACO SALAD</b> <b>PINTO BEANS</b> <b>CABBAGE AND LETTUCE SALAD</b> <b>PEACHES OR NECTARINES</b> <b>BREAD</b> <b>TORTILLA CHIPS</b>	<b>BBQ CHICKEN</b> <b>BAKED YAM</b> <b>MIXED ICEBERG AND ROMAINE SALAD</b> <b>KIWI</b> <b>BARLEY PILAF</b> <b>CORN BREAD</b>	<b>BAKED FISH VERACRUZ</b> <b>OR</b> <b>SWEAT &amp; SOUR PORK</b> <b>BROCCOLI</b> <b>SPINACH SALAD</b> <b>TANGERINE</b> <b>BROWN RICE</b>
<b>CHICKEN CURRY</b> <b>WINTER SQUASH</b> <b>ASIAN CUCUMBER SALAD</b> <b>FRESH PEAR</b> <b>ORANGE JUICE</b> <b>WHITE RICE</b> <b>BREAD</b>	<b>SWEDISH MEAT BALLS</b> <b>GREEN PEAS</b> <b>ROMAINE CELERY</b> <b>KIWI</b> <b>NOODLES</b>	<b>CRM OF BROCCOLI</b> <b>CHICKEN CHIPOTLE</b> <b>CAULIFLOWER</b> <b>MIXED GREEN SALAD</b> <b>BANANA</b> <b>BROWN RICE</b>	 <b>HAMBURGER</b> <b>BAKED BEANS</b> <b>LETTUCE &amp; TOMATO</b> <b>W/ RED ONION</b> <b>FRUIT</b> <b>MACARONI SALAD</b>	<b>BAKED FISH WITH CRUMB TOPPING</b> <b>HARVARD BEETS</b> <b>BEAN SALAD</b> <b>ORANGE</b> <b>BARLEY PILAF</b>
	<b>BUTTERNUT SQUASH</b> <b>SOFT CHICKEN TACO</b> <b>PINTO BEANS</b> <b>LETTUCE AND TOMATO</b> <b>MANDARIN ORANGE</b> <b>BROWN RICE</b> <b>FLOUR TORTILLA</b>	<b>HOT ROAST BEEF</b> <b>MASHED POTATO</b> <b>MARINATED BEET SALAD</b> <b>APPLESAUCE</b> <b>BREAD</b>	<b>CABBAGE SOUP</b> <b>CRISPY CHICKEN</b> <b>BROCCOLI</b> <b>SPRING MIX SALAD</b> <b>BANANA BREAD</b>	<b>BAKED FISH W/ TARTAR SAUCE</b> <b>OR</b> <b>PORK CARNITAS</b> <b>BAKED YAMS</b> <b>FRUIT</b> <b>CILANTRO BROWN RICE</b>

\*\*\* 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

