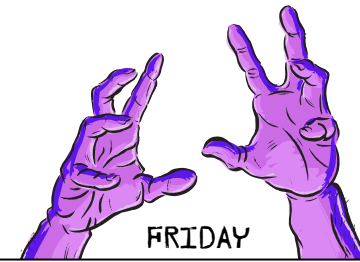


OCTOBER 2024

San Dimas Senior Center
 201 E. Bonita Ave. San Dimas, CA. 91773
 monday, tuesday, wednesday,
 thursday, and friday at 11am



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>eliminating racism empowering women ywca San Gabriel Valley</p>	<p>1 BUTTERNUT SQUASH SOUP CHICKEN A LA TRIO BRUSSELS SPROUTS SPINACH SALAD BANANA BREAD</p>	<p>2 MEXICAN BEEF STEW BLACK BEANS LETTUCE AND TOMATO KIWI SPANISH BROWN RICE TORTILLA</p>	<p>3 CHICKEN CILANTRO SOUP BBQ PULLED PORK POTATO WEDGES COLESLAW FRUIT</p>	<p>4 BAKED FISH W/ LEMON SCE BAKED YAM ROMAINE SALAD CANTALOUPE BREAD</p>
<p>7 OVEN BAKED CHICKEN GREEN BEANS COLESLAW BANANA ROLL</p>	<p>8 BEEF CHOP SUEY BROCCOLI BEET & MANDARIN SALAD APPLE SAUCE BROWN RICE</p>	<p>9 VEG SOUP CHICKEN ALFREDO BRUSSELS SPROUTS MESCLUN SALAD FRESH FRUIT BREAD</p>	<p>10 BEEF FAJITAS PINTO BEANS SPINACH SALAD FRESH ORANGE BROWN RICE</p>	<p>11 SPLIT PEA SOUP TUNA SANDWICH CARROT RAISIN SALAD PINEAPPLE & MANGO BREAD</p>
<p>14 INDIGENOUS PEOPLES DAY</p>	<p>15 LEMON PEPPER CHICKEN CAULIFLOWER MARINATED CUCUMBER SALAD BANANA BREAD</p>	<p>16 TACO SALAD PINTO BEANS CABBAGE PEACH OR NECTARINE BREAD</p>	<p>17 BBQ CHICKEN BAKED YAM MIXED ICEBERG KIWI BARLEY PILAF</p>	<p>18 SWEET & SOUR PORK BROCCOLI SPINACH SALAD TANGERINE BROWN RICE</p>
<p>21 CHICKEN CURRY WINTER SQUASH ASIAN CUCUMBER SALAD FRESH PEAR ORANGE JUICE WHITE RICE</p>	<p>22 SWEDISH MEATBALLS GREEN PEAS ROMAINE SALAD KIWI NOODLES</p>	<p>23 CREAM OF BROCCOLI SOUP CHICKEN CHIPOTLE CAULIFLOWER MIXED GREEN SALAD BANANA BROWN RICE</p>	<p>24 BEEF LASAGNA CARROTS CREAMY COLESLAW PEACHES</p>	<p>25 BAKED FISH WITH CRUMB TOPPING HARVARD BEETS MARINATED BEAN SALAD ORANGE BARLEY PILAF</p>
<p>28 BEEF HAMBURGER CARROTS SALAD STRAWBERRIES</p>	<p>29 BUTTERNUT SQUASH SOUP SOFT CHICKEN TACO PINTO BEAN LETTUCE AND TOMATO BROWN RICE</p>	<p>30 HOT ROAST BEEF MASH POTATOES MARINATED BEET SALAD APPLE SAUCE OR WATERMELON BREAD</p>	<p>31 SKELETON BONES (CHICKEN) MONSTER TEARS (PEAS) TOADSTOOL (BOILED POTATO) GOBLIN SALAD ORANGE JUICE AND A SOFT ROCK (BREAD)</p>	<p>YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456</p>

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\$ ***

Trio AZUSA

