

monday	tuesday	wednesday	thursday	friday
2 labor day	3 lemon pepper chicken cauliflower marinated cucumber salad banana roll	4 taco salad pinto beans cabbage peaches or nectarines bread roll	5 bbq chicken baked yam mixed iceberg & romaine kiwi barley pilaf	6 sweet and sour pork broccoli spinach salad tangerine brown rice
9 chicken curry winter squash asian cucumber salad fresh pear orange juice white rice	10 swedish meatballs green peas romaine salad kiwi	11 broccoli soup cauliflower mixed green salad banana brown rice	12 beef lasagna carrots creamy coleslaw peaches	13 baked fish with crumb topping harvard beets marinated bean salad orange barley pilaf
16 beef hamburger carrot salad sliced lettuce & tomato strawberries	17 butternut squash soup soft chicken taco pinto beans lettuce & tomato mandarin orange brown rice	18 hot roast beef mashed potatoes marinated beet salad applesauce or watermelon bread	19 cabbage soup crispy chicken broccoli spring mix salad banana bread	20 pork carnitas baked yam pineapple/mango cilantro brown rice
23 chicken divan green beans spinach salad peach or pear brown rice	24 meatloaf mashed potatoes romaine, iceberg with cucumber pineapple & mango bread	25 cm of mushroom soup chicken parm winter squash broccoli slaw banana bread	26 stuffed bell pepper carrots masclun salad cantaloupe/tangerine bread	27 breaded fish cauliflower & peas ceasar salad mandarin orange bread
30 spaghetti with meat sauce broccoli and carrots bean salad fruit in season bread	31 butternut squash chicken a la trio brussels sprouts spinach salad with mushrooms banana bread		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