

December 2025

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

Monday

Tuesday

Wednesday

Thursday

Friday

1 korean bbq herb zucchini broccoli salad pineapple herbed brown rice	2 garden veg soup fish vera cruz black beans creamy coleslaw banana whole grain bread	3 tomato basil soup chicken dijon green beans chopped salad fresh peaches	4 stuffed bell pepper green peas romaine salad orange barley	5 veg paella broccoli' spinach salad mango brown rice
8 butternut squash soup breaded baked fish yam beet and mandarin fruit bread	9 house made meatloaf with gravy garlic mash potatoe brussels sprouts pineapple mango whole grain	10 veg soup turkey veg stir fry cabbage salad poached ginger pear lo mein noodle bread	11 caribbean chicken red bean mesclun salad kiwi brown rice pilaf	12 bolognese with pene herbed zucchini Caesar salad fruit cup
15 Chicken Adobo Green Peas Marinated Bell Pepper Pear or Peach Spanish Brown Rice	16 Italian Wedding Soup Quiche Broccoli Caesar Salad Orange Bread	17 Shepherds Pie Carrots Mixed Salad Greens Kiwi Roll	18 Mushroom Soup Baked Fish ALmandine Green beans w/ herb spinach salad barley with herb	19 Arroz con polo Pinto bean Shredded cabbage apple
22 savory beef stew herbed brussels sprouts mashed potatoes fresh fruit roll	23 Roast turkey with Gravy Whipped Sweet Potato Green beans with almonds Ambrosia Salad Roll	24 Christmas Eve	25 Christmas	26 Day After Christmas
29	30	31 New Years Eve	YWCA IS ON A MISSION	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 DONATION 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.

NH