

# JANUARY 2025


Monday

Tuesday

Wednesday

Thursday

Friday

<p>eliminating racism empowering women</p> <p><b>ywca</b> San Gabriel Valley</p>	<p>YWCA SAN GABRIEL VALLEY SENIOR SERVICES DEPARTMENT 101 S. BARRANCA AVENUE, COVINA, CA 91724 PHONE: 626-214-9456</p>	<p>1</p> 	<p>2</p> <p><b>BEEF FAJITAS PINTO BEANS SPINACH SALAD FRESH ORANGE BROWN RICE FLOUR TORTILLA</b></p>	<p>3</p> <p><b>SPLIT PEA SOUP TUNA SANDWICH CARROT RAISIN SALAD LETTUCE &amp; TOMATO SLICE PINEAPPLE AND MANGO BREAD</b></p>
<p>6</p> <p><b>CORN CHOWDER BEEF STRIPS WITH MUSHROOM SAUCE STEAMED SPINACH GREEN SALAD STRAWBERRIES PASTA</b></p>	<p>7</p> <p><b>LEMON PEPPER CHICKEN CAULIFLOWER MARINATED CUCUMBER SALAD BANANA BREAD</b></p>	<p>8</p> <p><b>TACO SALAD PINTO BEANS CABBAGE FRUIT BREAD TORTILLA CHIPS</b></p>	<p>9</p> <p><b>BBQ CHICKEN BAKED YAM MIXED ICEBERG AND ROMAIN SALAD KIWI BARLEY PILAF CORN BREAD</b></p>	<p>10</p> <p><b>SWEET AND SOUR PORK BROCCOLI SPINACH SALAD TANGERINE BROWN RICE</b></p>
<p>13</p> <p><b>CHICKEN CURRY WINTER SQUASH ASIAN CUCUMBER SALAD FRESH PEAR ORANGE JUICE WHITE RICE BREAD</b></p>	<p>14</p> <p><b>SWEDISH MEAT BALLS GREEN PEAS ROMAINE CELERY KIWI NOODLES</b></p>	<p>15</p> <p><b>CRM OF BROCCOLI CHICKEN CHIPOTLE CAULIFLOWER MIXED GREEN SALAD BANANA BROWN RICE</b></p>	<p>16</p> <p><b>BEEF LASAGNA CARROTS CREAMY COLESLAW PEACHES NOODLES</b></p>	<p>17</p> <p><b>BAKED FISH W/ CRUMB TOPPING BEETS ORANGE BARLEY PILAF</b></p>
<p>20</p> <p>Martin Luther King Day</p>	<p>21</p> <p><b>BUTTERNUT SQUASH SOFT CHICKEN TACO PINTO BEANS LETTUCE AND TOMATO MANDARIN ORANGE BROWN RICE FLOUR TORTILLA</b></p>	<p>22</p> <p><b>HOT ROAST BEEF MASHED POTATO MARINATED BEET SALAD APPLESAUCE BREAD</b></p>	<p>23</p> <p><b>CABBAGE SOUP CRISPY CHICKEN BROCCOLI SPRING MIX SALAD BANANA BREAD</b></p>	<p>24</p> <p><b>PORK CARNITAS BAKED YAMS PINEAPPLE MANGO CILANTRO BROWN RICE</b></p>
<p>27</p> <p><b>CHICKEN DIVAN GREEN BEANS SPINACH SALAD PEACH OR PEAR BROWN RICE</b></p>	<p>28</p> <p><b>MEATLOAF MASHED POTATOES ROMAINE AND ICEBERG LETTUCE PINEAPPLE AND MANGO BREAD</b></p>	<p>29</p> <p><b>CRM OF MUSHROOM CHICKEN PARMESAN WINTER SQUASH BROCCOLI SLAW BANANA SPAGHETTI SOURDOUGH</b></p>	<p>30</p> <p><b>STUFFED BELL PEPPER CARROTS MASLACUN SALAD CANTALOUPE BREAD</b></p>	<p>31</p> <p><b>BREADED FISH CAULIFLOWER &amp; PEAS CEASAR SALAD FRUIT ROLL</b></p>

\*\*\* subject to change without notice \*\*\*all entrees include an 8 oz 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.