

San Dimas Senior Center
201 E. Bonita Ave. San Dimas, CA. 91773

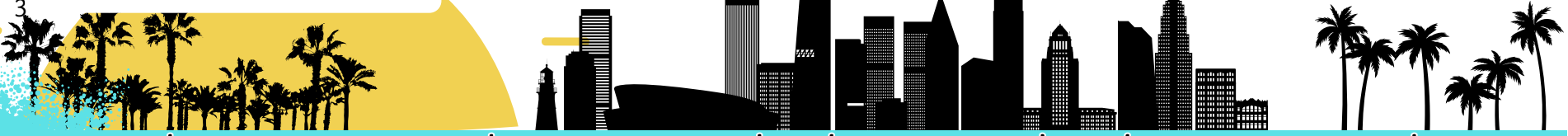
MONDAYS, TUESDAYS, WEDNESDAYS,
THURSDAYS AND FRIDAYS @ 11 AM

JUNE 2024

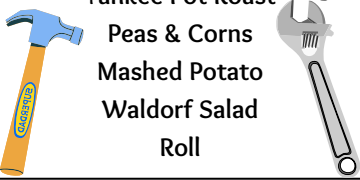
YWCA is on a MISSION

YWCA San Gabriel Valley
Senior Services
Department
101 S. Barranca Avenue,
Covina, CA 91724
Phone: 626-214-9456

San Dimas Senior Center



Monday Tuesday Wednesday Thursday Friday

3 Lentil Soup Chicken Parmesan Winter Squash Broccoli Slaw Banana Spaghetti	4 Meatloaf Carrots Mesclun Salad Cantaloupe or Tangerine Dinner Roll	5 Chicken Divan Corn Spinach Salad W/ Mandarin Fresh or Canned Pear Brown Rice	6 Stuffed Peppers Mashed Potatoes Mixed Romain & Ice Berg Pineapple Mango Roll	7 Vegetarian Lasagna Cauliflower & Green Peas Caesar Salad Mandarin Juice Pack Roll
10 Mexican Beef Stew Black Beans Salad Pineapple & Mango Flour Tortilla	11 Chicken Cilantro Soup BBQ Pulled Pork Sandwich Potato Wedges Coleslaw Fresh Grapes or Pear	12 Spaghetti W/ Meat Sauce Broccoli & Carrots Romaine Salad Fruit Cocktail	13 <i>Fathers Day Meal</i> Yankee Pot Roast Peas & Corns Mashed Potato Waldorf Salad Roll 	14 Baked Fish W/ Lemon Sauce Fresh Baked Yams Marinated Tomato Green Pepper Salad Peach Roll
17 Chicken Alfredo Brussels Sprouts Mesclun Salad W. Celery Fruit	18 Beef Fajitas Pinto Beans Spinach Salad Orange or Cantaloupe Brown Rice	19 JUNETEENTH	20 Cream of Mushroom Soup Pork Chop Suey Broccoli Mandarin beet Salad Applesauce	21 Quiche Peas & Onions Carrot Raisin Salad Pineapple & Mango Rotini Pasta W/ Tomato Sauce
24 Taco Salad Pinto Beans Salad Cinnamon Apple sauce Roll	25 BBQ Chicken Yams Salad Pineapple & Mandarin Barely Pilaf	26 Lentil Soup Chili Mac Sauteed Spinach Marinated Tomato Bell Pepper Salad Fruit Cocktail Corn Bread	27 Lemon Pepper Chicken Cauliflower Cucumber Salad Peas Banana Roll	28 Baked Fish Veracruz Broccoli Spinach Salad W/ Mushroom Peach Seasoned Brown Rice

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 A 8OZ CARTON OF MILK***SUGGESTED DONATION OF \$3***

Trio AZ