

Glendora La Fetra Center Senior Café

Meal Reservations: 626-914-0560

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Administered by <u>YWCA San Gabriel Valley</u> And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.</p> <p>YWCA San Gabriel Valley 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447 email: info@ywcasgv.org www.facebook.com/ywcasgv www.instagram.com/ywcasgv</p>	<p>1 LS Split Pea Soup & Crackers Roast Beef & Swiss Hoagie Mayo & Mustard Lettuce & Tomato Slice Potato Salad Spinach Salad w/Mushrooms** Creamy Italian Dressing Whole Grain Hoagie Roll Fresh Orange Sections*</p>	<p>2 CHOICE DAY Ls Chinese Vegetable Soup & Crackers Bbq Pork Or Salmon In Pesto Sauce Brown & White Rice Baked Winter Squash** Cabbage Salad W/ Asian Dressing* Gingered Sliced Pears</p>	<p>3 OKTOBERFEST Orange Juice* Knockwurst + Sauerkraut Oven Browned Potatoes LS Marinated Green Bean & Tomato Salad Whole Grain Hot Dog Bun W/ Margarine Sliced Peaches</p>	<p>4 Chicken In Wine Sauce Quinoa Mashed Sweet Potatoes** Garden Salad W/ Italian Dressing Mango Chunks*</p>
<p>7 Orange Juice* LS Salisbury Steak in LS Gravy Mashed Potatoes* Peas & Carrots** LS Marinated Beet & Onion Salad Whole Grain Bread w/ Margarine Sliced Pears</p>	<p>8 CHOICE DAY Chili Verde Pork or Fish Vera Cruz Lime Cilantro Rice LS Pinto Beans Garden Salad w/ French Dressing Flour Tortilla w/ Margarine Mango Chunks*</p>	<p>9 Herbed Baked Chicken In Sauce Quinoa Lemon-Dill Broccoli* Apple Salad Whole Grain Bread W/ Margarine Butterscotch Pudding</p>	<p>10 LS Lentil Soup & Crackers Turkey & Cheese Hoagie Mayo & Mustard Lettuce & Tomato Slice Carrot-Raisin Salad** Coleslaw* Whole Grain Hoagie Roll Pineapple Chunks*</p>	<p>11 LS Cream Of Mushroom Soup & Crackers Beef Stroganoff Buttered Noodles Baked Winter Squash** Three Bean Salad Whole Grain Bread W/ Margarine Sliced Cantaloupe*</p>
<p>14  NO YWCA SGV LUNCH TODAY</p>	<p>15 LS Creamy Squash Soup & Crackers Lemon Herb Roast Chicken Quinoa Creamed Spinach** Creamy Coleslaw* Sliced Peaches</p>	<p>16 LS Beef Chili Colorado Spanish Rice LS Pinto Beans Garden Salad W/ Ranch Dressing Flour Tortilla W/ Margarine Fresh Orange Sections*</p>	<p>17 LS Bbq Pork Ribblet Roasted Potatoes Green Beans Spinach Salad W/ Mushrooms*** French Dressing Whole Grain Hamburger Bun Fresh Banana*</p>	<p>18 Orange Juice* Sweet & Sour Chicken Fried Rice Carrots** Garden Salad W/ Thousand Island Dressing Lime Gelatin W/ Pears</p>
<p>21 LS Chinese Vegetable Soup & Crackers Pork Chow Mein Baby Bok Choy** Cabbage Salad w/ Asian Dressing* Whole Grain Bread w/ Margarine Fresh Orange Sections*</p>	<p>22 Burgundy Beef In Gravy Scalloped Potatoes Corn Nibbles Garden Salad W/ Ranch Dressing Whole Grain Bread W/ Margarine Mango Chunks*</p>	<p>23 Rosemary Chicken Quinoa Baby Carrots** Pineapple Coleslaw* Whole Grain Bread W/ Margarine Banana</p>	<p>24 LS Navy Bean Soup & Crackers Turkey Ala King Brown & White Rice Lemon-Dill Broccoli* Marinated Tomato, Green Pepper, & Onion Salad Apple Salad</p>	<p>25 Orange Juice* Mac & Beef Casserole Green Beans Spinach Salad W/ Mushrooms** Italian Dressing Whole Grain Roll W/ Margarine Custard</p>
<p>28 BBQ Chicken Rice Pilaf Steamed Cauliflower* Carrot-Raisin Salad** Whole Grain Bread w/ Margarine Sliced Pears</p>	<p>29 LS Lentil Soup & Crackers Baked Ziti w/ Turkey Baked Winter Squash** Broccoli Slaw* Whole Grain Bread w/ Margarine Fresh Banana</p>	<p>30 LS Minestrone Soup & Crackers Meatloaf in LS Gravy Mashed Potatoes* Creamed Spinach** Caesar Salad w/ Dressing & CROUTONS Whole Grain Bread w/ Margarine Fresh Apple</p>	<p>31 HAPPY HALLOWEEN Orange Juice* Mediterranean Chicken Quinoa Peas w/ Mushrooms LS Marinated Beet & Onion Salad Pumpkin Pie</p>	

“Your choice” meals are ordered based on the selection made at time of reservation;
Otherwise, first come, first served and we may not be able to honor your first choice.

Suggested Donation \$3.00

1% Low Fat Milk Included

Subject To Change Without Notice

Special note: Fish may contain residual bones after preparation. Please use caution.

Nutritional Guide: * = VIT. C ** = VIT. A *** = VIT. A & C (=) = HIGH POTASSIUM LS = Low Sodium TFF = Trans Fat Free
Home Delivered Meals / Meals On Wheels Clients May Receive Different Items