

**YWCA San Gabriel Valley- San Dimas Chuckwagon Lunch**  
**San Dimas Senior Center, 201 E. Bonita, San Dimas Call: 909-394-6298**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Lemon Pudding Whole Grain Bread w/ Margarine Fresh Apple	<b>4</b> 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*	<b>5 <u>YOUR CHOICE</u></b> LS Chinese Vegetable Soup & Crackers BBQ Pork or Salmon in Pesto Sauce w/ Lemon Brown & White Rice Baked Winter Squash** Cabbage Salad w/ Asian Dressing* Gingered Sliced Pears	<b>6</b> Orange Juice* Spaghetti & Meatballs Steamed Spinach** LS Marinated Green Bean & Tomato Salad Whole Grain Bread W/ Margarine Sliced Peaches	<b>7</b> Chicken In Wine Sauce Quinoa Mashed Sweet Potatoes** Garden Salad W/ Italian Dressing Mango Chunks*
<b>10</b> Orange Juice* LS Salisbury Steak in LS Gravy Mashed Potatoes* Peas & Carrots** LS Marinated Beet & Onion Salad Whole Grain Bread w/ Margarine Sliced Pears	<b>11 <u>YOUR CHOICE</u></b> Chili Verde Pork or Fish Vera Cruz w/ Lemon Lime Cilantro Rice LS Pinto Beans Garden Salad w/ French Dressing Flour Tortilla w/ Margarine Mango Chunks*	<b>12</b> Herb Baked Chicken Quinoa Lemon-Dill Broccoli* Apple Salad Whole Grain Bread W/ Margarine Butterscotch Pudding	<b>13</b> LS Lentil Soup & Crackers Turkey & Cheese Hoagie Mayo & Mustard Lettuce & Tomato Slice Carrot-Raisin Salad** Creamy Coleslaw* Whole Grain Hoagie Roll Pineapple Chunks	<b>14 <u>VALENTINE'S DAY</u></b> LS Cream Of Mushroom Soup & Crackers Yankee Pot Roast Parsley Potatoes Baked Winter Squash** Sliced Honeydew* Whole Grain Bread W/ Margarine Strawberry Cupcake
<b>17</b>  SENIOR CENTER CLOSED	<b>18</b> LS Creamy Squash Soup & Crackers Lemon Herb Roast Chicken Quinoa Creamed Spinach** Creamy Coleslaw* Sliced Peaches	<b>19</b> Beef Chili Colorado Spanish Rice LS Pinto Beans Garden Salad w/ Ranch Dressing Flour Tortilla w/ Margarine Fresh Orange Sections*	<b>20</b> LS BBQ Pork Ribblet Roasted Potatoes Green Beans Spinach Salad w/ Mushrooms*** French Dressing Whole Grain Hamburger Bun w/ Margarine Fresh Banana*	<b>21</b> Orange Juice* Sweet & Sour Chicken Fried Rice Carrots** Garden Salad / 1000 Island Dressing Lime Gelatin w/ Pears
<b>24</b> LS Chinese Vegetable Soup & Crackers Pork Chow Mein Baby Bok Choy** Cabbage Salad w/ Asian Dressing* Whole Grain Bread w/ Margarine Fresh Orange Sections*	<b>25</b> Burgundy Beef In LS Gravy Scalloped Potatoes Corn Nibbles Garden Salad W/ Ranch Dressing Whole Grain Bread W/ Margarine Sliced Honeydew*	<b>26</b> Rosemary Chicken Quinoa Baby Carrots** Pineapple Coleslaw* Fresh Banana*	<b>27</b> LS Navy Bean Soup & Crackers Turkey Ala King Brown & White Rice Lemon-Dill Broccoli* Marinated Tomato, Green Pepper, & Onion Salad Apple Salad	<b>28</b> Orange Juice* Mac & Beef Casserole Green Beans Spinach Salad W/ Mushrooms** Italian Dressing Custard
			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.  YWCA San Gabriel Valley 943 North Grand Avenue, Covina, CA 91724 Phone - Main: 626-214-9456 Fax: 626-814-0447  email: <a href="mailto:info@ywcasgv.org">info@ywcasgv.org</a> <a href="http://www.facebook.com/ywcasgv">www.facebook.com/ywcasgv</a> <a href="http://www.instagram/ywcasgv">www.instagram/ywcasgv</a>	