


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
2 BBQ Chicken Rice Pilaf Steamed Cauliflower* Carrot-Raisin Salad** Whole Grain Bread w/ Margarine Sliced Pears	3 LS Lentil Soup & Crackers Baked Ziti w/ Turkey Baked Winter Squash** Broccoli Slaw* Whole Grain Bread w/ Margarine Fresh Banana	4 LS Minestrone Soup & Crackers Meatloaf in LS Gravy Mashed Potatoes* Creamed Spinach** Caesar Salad w/Dressing & Croutons Whole Grain Bread w/ Margarine Fresh Apple	5 Orange Juice* Hawaiian Chicken Quinoa Peas w/Mushrooms LS Marinated Beet & Onion Salad Strawberry Gelatin w/ Peaches	6 <u>YOUR CHOICE</u> Sliced Roast Pork in Gravy or Herbed Salmon w/ Lemon & Tartar Sauce Parsley Potatoes Carrot Coins** Creamy Coleslaw* Whole Grain Bread w/ Margarine Pineapple Chunks
9 Orange Juice* Stuffed Bell Pepper Quinoa Green Peas Spinach Salad w/ Mushroom** Italian Dressing Sliced Cantaloupe*	10 Teriyaki Chicken Fried Rice Baby Bok Choy*** Cabbage Salad w/ Asian Dressing* Sliced Pears	11 LS Sweet Corn Soup & Crackers Turkey Divan Buttered Egg Noodles Broccoli* Carrot-Raisin Salad** Whole Grain Bread w/ Margarine Banana	12 Pork Carnitas Lime Cilantro Rice Ls Black Beans Mango Chunks* Flour Tortilla W/ Margarine Tapioca Pudding	13 Creamy Tomato Soup & Crackers Tuna Salad Sandwich Lettuce & Tomato Slice Macaroni Salad Zucchini Corn Pepper Salad Whole Grain Bread W/ Margarine Fresh Orange Sections*
16 Chicken Cacciatore Angel Hair Pasta Steamed Broccoli* Apple Salad Whole Grain Bread W/ Margarine Lemon Pudding	17 <u>ST. PATTY'S DAY</u> Orange Juice* Corned Beef + Boiled New Potatoes Steamed Cabbage* Garden Salad w/ 1000 Island Dressing Whole Grain Roll w/ Margarine Chocolate Cookie	18 LS Chinese Vegetable Soup & Crackers BBQ Pork Brown & White Rice Baked Winter Squash** Cabbage Salad W/ Asian Dressing* Gingered Sliced Pears	19 Orange Juice* Swedish Meatballs W/ Sour Cream Sauce Buttered Egg Noodles Steamed Spinach** Ls Marinated Green Bean & Tomato Salad Whole Grain Bread W/ Margarine Sliced Peaches	20 <u>YOUR CHOICE</u> Chicken In Wine Sauce Or Salmon in Pesto Sauce w/ Lemon Quinoa Mashed Sweet Potatoes** Garden Salad W/ Italian Dressing Mango Chunks*
23 Orange Juice* LS Salisbury Steak in Gravy Mashed Potatoes* Peas & Carrots** LS Marinated Beet & Onion Salad Whole Grain Bread w/ Margarine Sliced Pears	24 Chili Verde Pork Lime Cilantro Rice LS Pinto Beans Garden Salad w/ French Dressing Flour Tortilla w/ Margarine Mango Chunks*	25 Herbed Baked Chicken In Sauce Quinoa Lemon-Dill Broccoli* Apple Salad Whole Grain Bread W/ Margarine Butterscotch Pudding	26 LS Lentil Soup & Crackers Turkey & Cheese Hoagie Mayo & Mustard Lettuce & Tomato Carrot-Raisin Salad** Coleslaw* Whole Grain Hoagie Roll Pineapple Chunks	27 <u>YOUR CHOICE</u> LS Cream Of Mushroom Soup & Crackers Beef Stroganoff Or Herbed Tilapia w/ Lemon & Tartar Sauce Buttered Noodles Baked Winter Squash** Ls Three Bean Salad Whole Grain Bread w/ Margarine Sliced Honeydew*
30 Cesar Chavez Day No YWCA SGV Lunch SENIOR CENTER OPEN	31 LS Creamy Squash Soup & Crackers Lemon Herb Roast Chicken Quinoa Creamed Spinach** Creamy Coleslaw* Sliced Peaches		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. 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/ywcasgv	

SUBJECT TO CHANGE WITHOUT NOTICE * * * SUGGESTED DONATION \$3.00 * * * 1% LOW FAT MILK INCLUDED

HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS