

Glendora Le Fetra Center

333 E. Foothill Blvd. Glendora, CA. 91740

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch: Monday, Tuesday, Thursday & Friday @ 11:30a
Grab & Go: Wednesday @ 10:30a

MARCH 2023

Grand Re-Opening!

For Dine- in Beginning Monday March 6th @ 11:30a!
Then Join us Daily Monday, Tuesday, Thursday and Friday!
Grab & Go will Continue on Wednesdays @ 10:30a!

eliminating racism
empowering women
ywca
San Gabriel Valley

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

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.

<p>1</p> <p>GRAB & GO DISTRIBUTION DAY</p>	<p>6</p> <p>Chicken Divan Corn Spinach Salad W/ Mandarin Oranges Pear Brown Rice & Milk</p>	<p>7</p> <p>Stuffed Pepper Mashed Potatoes Tossed Salad Pineapple Chunks W/ Mango Roll & Milk</p>	<p>8</p> <p>GRAB & GO DISTRIBUTION DAY</p>	<p>9</p> <p>Meat Loaf Carrots Mesclun Salad Cantaloupe Or Tangerine Roll & Milk</p>
<p>10</p> <p>Baked Fish W/ Crumb Topping Cauliflower & Green Peas Caesar Salad Mandarin Orange Juice Brown Rice Pilaf & Milk</p>	<p>13</p> <p>Spaghetti W/ Meat Sauce Broccoli & Carrots Romaine Salad Fruit Cocktail Milk</p>	<p>14</p> <p>Butternut Squash Soup Chicken A La Trio Brussel Sprouts Spinach Salad W/ Mushroom Cantaloupe or Mandarin Roll or Bread & Milk</p>	<p>15</p> <p>GRAB & GO DISTRIBUTION DAY</p>	<p>16</p> <p>Chicken Cilantro Soup BBQ Pulled Pork Potato Wedges Coleslaw Grapes or Pear Milk</p>
<p>17</p> <p>Corned Beef Cabbage Pineapple Raisins Boiled Potato Orange Juice Whole Rye Bread Milk</p>	<p>20</p> <p>Rotisserie Chicken Harvard Beets Coleslaw Banana Roll & Milk</p>	<p>21</p> <p>Cream of Mushroom Soup Pork Chop Suey Broccoli Marinated Tomato Bell Pepper Salad Cinnamon Applesauce Milk</p>	<p>22</p> <p>GRAB & GO DISTRIBUTION DAY</p>	<p>23</p> <p>Beef Fajitas Pinto Beans Spinach Salad Orange or Cantaloupe Brown Rice & Milk</p>
<p>24</p> <p>Baked Fish W/ Dill Sauce Peas & Onions Carrot Raisin Salad Pineapple Mango Rotini Pasta W/ Tomato Sauce Milk</p>	<p>27</p> <p>Cesar Chavez Day</p>	<p>28</p> <p>Lemon Pepper Chicken Cauliflower Peas Tossed Salad Banana Roll & Milk</p>	<p>29</p> <p>GRAB & GO DISTRIBUTION DAY</p>	<p>30</p> <p>BBQ Chicken Yams Mixed Iceberg and Kale Salad Pineapple and Mandarin or Kiwi Barley Pilaf & Milk</p>
<p>31</p> <p>Baked Fish Veracruz Broccoli Spinach Salad W/ Mushroom Peach Seasoned Brown Rice Milk</p>				

Subject to change without notice *** Suggested donation of \$3.00