

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

APRIL 2023

eliminating racism  
empowering women  
**ywca**  
San Gabriel Valley

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Marsala Winter Squash Caesar Salad Pineapple & Mango Roll	4 Swedish Meatballs Carrots Broccoli Slaw Peaches or Pear Noodles	5 <b>Grab &amp; Go Distribution 10:00am</b>	6 Minestrone Soup Beef Lasagna Green Peas Romaine Salad Cantaloupe Roll	7 Baked Fish W/ Crumb Topping Harvard Beets Marinated Bean Salad Orange Bulgur Wheat
10 Hamburger Potato Salad Cantaloupe	11 Butternut Squash Soup Chicken Enchilada or Soft Chicken Taco Pinto Bean Colelsaw Fresh Grapes or Strawberries Brown Rice	12 <b>Grab &amp; Go Distribution 10:00am</b>	13 Lentil Soup Crispy Chicken Broccoli Romaine Salad Bahana Bread	14 Baked Fish W/ Dill Sauce Baked Fresh Yams Green Beans Pineapple & Mango Wheat Bread
17 Chicken Divan Corn Spinach Salad W/ Mandarin Oranges Fresh or Canned Pear Brown Rice	18 Stuffed Pepper Mashed Potatoes Tossed Salad Pineapple Chunks W/ Mango Dinner Roll	19 <b>Grab &amp; Go Distribution 10:00am</b>	20 Meatloaf Carrots Masclun Salad Cantaloupe or Tangerine Dinner Roll	21 Baked Fish W/ Crumb Topping Cauliflower & Green Peas Caesar Salad Mandarin Orange Juice Brown Rice Pilaf
24 Spaghetti W/ Meat Sauce Broccoli & Carrots Romaine Salad Fruit Cocktail	25 Butternut Squash Soup Chicken A La Trio Brussels Sprouts Spinach Salad W/ Mushroom Cantaloupe or Mandarin Bread	26 <b>Grab &amp; Go Distribution 10:00am</b>	27 Chicken Cilantro Soup BBQ Pork Pulled Sandwich Potato Wedges Coleslaw Fresh Grapes or Pear	28 Baked Fish W/ Lemon Sauce Fresh Baked Yam Marinated Tomato Green Pepper Salad Peach or Juice Roll

\*\*\* SUBJECT TO CHANGE WITHOUT NOTICE\*\*\*ALL ENTREES INCLUDE A 8OZ CARTON OF MILK\*\*\*SUGGESTED DONATION OF \$3\*\*\*