

MAY 2023

Monday

Tuesday

Wednesday

Thursday

Friday

1 Rotisserie Chicken Harvard Beets Coleslaw Banana Roll	2 Cream of Mushroom Soup Pork Chop Suey Broccoli Marinated Tomato Bell Pepper Salad Cinnamon Applesauce	3 Grab & Go Distribution 10:00am	4 Beef Fajitas Pinto Beans Spinach Salad Orange or Cantaloupe Brown Rice	5 NO LUNCH PROVIDED
8 Chili Mac Sautéed Spinach Marinated Tomato Bell Pepper Salad Fruit Cocktail	9 Lemon Pepper Chicken Cauliflower Peas Tossed Salad Banana Roll	10 Grab & Go Distribution 10:00am	11 Chicken in Wine Sauce Peas & Pimientos Green Salad with Cucumber & Tomato Waldorf Salad Imperial Brown Rice	12 Baked Fish Veracruz Broccoli Spinach Salad W/ Mushroom Peach Seasoned Brown Rice
15 Chicken Marsala Winter Squash Caesar Salad Pineapple & Mango Roll	16 Swedish Meatballs Carrots Broccoli Slaw Peaches or Pear Noodles	17 Grab & Go Distribution 10:00am	18 Minestrone Soup Beef Lasagna Green Peas Romaine Salad Cantaloupe Roll	19 Baked Fish W/ Crumb Topping Harvard Beets Marinated Bean Salad Orange Bulgur Wheat
22 Hamburger Potato Salad Cantaloupe	23 Butternut Squash Soup Chicken Enchilada or Soft Chicken Taco Pinto Bean Coleslaw Fresh Grapes or Strawberries Brown Rice	24 Grab & Go Distribution 10:00am	25 NO LUNCH PROVIDED	26 Baked Fish W/ Dill Sauce Baked Fresh Yams Green Beans Pineapple & Mango Wheat Bread
29 Memorial Day	30 Stuffed Pepper Mashed Potatoes Tossed Salad Pineapple Chunks W/ Mango Dinner Roll	31 Grab & Go Distribution 10:00am	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