




Mon	Tue	Wed	Thu	Fri
La Fetra Center 333 E. Foothill Blvd, Glendora CA 91740 Monday through Friday at 11:30AM		<h1>JANUARY 2024</h1>		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.
1 New Years Day (Facility Closed) 	2 New Years Day Observance (Facility Closed) 	3 Rotisserie Chicken Green Beans Coleslaw Banana Roll	4 Cream of Mushroom Soup Pork Chop Suey Broccoli Mandarin Beet Salad	5 Baked Fish W/ Dill Sauce or Quiche Peas & Onions Carrot Raisin Salad Pineapple & Mango Rotini Pasta W/ Tomato Sauce
8 Taco Salad Pinto Beans Salad Cinnamon Apple Sauce Roll	9 BBQ Chicken Yams Salad Pineapple & Mandarin Barely Pilaf	10 Lentil Soup Chili Mac Sauteed Spinach Marinated Tomato & Bell Pepper Salad Fruit Cocktail	11 Lemon Pepper Chicken Cauliflower Peas Banana Roll	12 Sweet & Sour Pork or Baked Fish Veracruz Broccoli Spinach Salad W/ Mushroom Peach Seasoned Brown Rice
15 Martin Luther King Day (Facility Closed) 	16 Beef Lasagna Green Peas Salad Cantaloupe Roll	17 Minestrone Soup Chicken Marsala Winter Squash Caesar Salad Mango Roll	18 Swedish Meatballs Carrots Broccolislaw Peaches or Pear Noodles (Frozen Meal will be provided for Friday, January 19)	19 No Lunch (Facility Open)
22 Hot Roast Beef Mashed Potatoes Mandarin Oranges W/ Beat Salad Fruit Cocktail Roll	23 Cabbage Soup Crispy Chicken Broccoli Marinated Cucumber Salad Banana Bread	24 Hamburger Slice Lettuce & Tomato Marinated Carrot Salad Cantaloupe	25 Butternut Squash Soup Chicken Enchilada Pinto Beans Coleslaw Fresh Grapes or Strawberries Seasoned Brown Rice	26 Baked Fish W/ Dill Sauce Or BBQ Pork Baked Fresh Yams Green Beans Pineapple & Mango Bread
29 Lentil Soup Chicken Parmesan Winter Squash Broccoli Slaw Banana Spaghetti	30 Meatloaf Carrots Mesclun Salad Cantaloupe or Tangerine Dinner Roll	31 Chicken Divan Corn Spinach Salad W/ Mandarin Fresh or Canned Pear Brown Rice	Trio - AZ YWCA IS ON A MISSION YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456	

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