

Mon

Tue

Wed

Thu

Fri

La Fetra Center
333 E. Foothill Blvd,
Glendora CA 91740
Monday through Friday at 11:30AM

FEBRUARY 2024

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

YWCA IS ON A MISSION

Trio - AZ

1 Stuffed Pepper
Mashed Potatoes
Mixed Romain & Iceberg W/
Cucumber
Pineapple and Mango
Dinner Roll

2 Vegetarian Lasagna or
Omelet W/ Pepper & Onions
Cauliflower & Green Peas
Caesar Salad
Mandarin Juice Pack
Roll

5 Mexican Beef Stew
Black Beans
Salad
Pineapple & Mango
Flour Tortilla

6 Chicken Cilantro Soup
BBQ Pulled Pork Sandwich
Potato Wedges
Coleslaw
Fresh Grapes or Pear

7 Spaghetti W/ Meat Sauce
Broccoli & Carrots
Romaine Salad
Fruit Cocktail

8 Butternut Squash Soup
Chicken A La Trio
Brussel Sprouts
Spinach Salad W/ Mushroom
Cantaloupe or Banana
Roll

9 Baked Fish W/ Lemon Sauce
Or Salisbury Steak
Fresh Baked Yams
Marinated Tomato Green Pepper
Salad
Peach

12 Vegetable Soup
Chicken Alfredo
Brussels Sprouts
Mescalum Salad
Strawberries, Peach or Pear

13 Beef Fajitas
Pinto Beans
Spinach Salad
Orange or Cantaloupe
Brown Rice

14 Rotisserie Chicken
Green Beans
Coleslaw
Banana
Roll

15 Cream of Mushroom Soup
Pork Chop Suey
Broccoli
Mandarin Beet Salad

16 Baked Fish W/ Dill Sauce
Or Quiche
Peas & Onions
Carrot Raisin Salad
Pineapple & Mango
Rotini Pasta W/ Tomato Sauce

19
Presidents Day
(Facility Closed)



20 BBQ Chicken
Yams
Salad
Pineapple & Mandarin
Barely Pilaf

21 Lentil Soup
Chili Mac
Sauteed Spinach
Marinated Tomato &
Bell Pepper Salad
Fruit Cocktail

22 Lemon Pepper Chicken
Cauliflower
Peas
Banana
Roll

23 Sweet & Sour Pork or
Baked Fish Veracruz
Broccoli
Spinach Salad W/ Mushroom
Peach
Seasoned Brown Rice

26 Split Pea Soup
Chicken Chipotle
Baked Fresh Yams
Salad
Banana
Brown Rice

27 Beef Lasagna
Green Peas
Salad
Cantaloupe
Roll

28 Minestrone Soup
Chicken Marsala
Winter Squash
Ceasar Salad
Mango
Roll

29 Swedish Meatballs
Carrots
Broccolislaw
Peaches or Pear
Noodles



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