

Mon	Tue	Wed	Thu	Fri
La Fetra Center 333 E. Foothill Blvd, Glendora CA 91740 Monday through Friday at 11:30AM		<h1>APRIL 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 Taco Salad Pinto Beans Salad Cinnamon Apple Sauce Roll	2 BBQ Chicken Yams Salad Pineapple & Mandarin Barely Pilaf	3 Lentil Soup Chili Mac Sauteed Spinach Marinated Tomato & Bell Pepper Salad Fruit Cocktail	4 Lemon Pepper Chicken Cauliflower Peas Banana Roll	5 Sweet & Sour Pork or Baked Fish Veracruz Broccoli Spinach Salad W/ Mushroom Peach Seasoned Brown Rice
8 Split Pea Soup Chicken Chipotle Baked Fresh Yams Salad Banana Brown Rice	9 Beef Lasagna Green Peas Salad Cantaloupe Bread	10 Minestrone Soup Chicken Marsala Winter Squash Caesar Salad Mango Roll	11 Swedish Meatballs Carrots Broccoli Slaw Peaches or Pear Noodles	12 Baked Fish W/ Crumb Topping Or Spinach Quiche Harvard Beets Marinated Bean Salad Orange Barley Pilaf
15 Hot Roast Beef Mashed Potatoes Mandarin Oranges W/ Beat Salad Fruit Cocktail Roll	16 Cabbage Soup Crispy Chicken Broccoli Marinated Cucumber Salad Banana Bread	17 Hamburger Slice Lettuce & Tomato Marinated Carrot Salad Cantaloupe	18 Butternut Squash Soup Chicken Enchilada Pinto Beans Coleslaw Fresh Grapes or Strawberries Seasoned Brown Rice	19 Baked Fish W/ Dill Sauce or BBQ Pork Baked Fresh Yams Green Beans Pineapple & Mango Bread
22 Lentil Soup Chicken Parmesan Winter Squash Broccoli Slaw Banana Spaghetti	23 Meatloaf Carrots Mesclun Salad Cantaloupe or Tangerine Dinner Roll	24 Chicken Divan Corn Spinach Salad W/ Mandarin Fresh or Canned Pear Brown Rice	25 Stuffed Pepper Mashed Potatoes Mixed Romain & Iceberg W/ Cucumber Pineapple and Mango Dinner roll	26 Vegetarian Lasagna or Omelet W/ Pepper & Onion Cauliflower & Green Peas Caesar Salad Mandarin Juice Pack Roll
29 Mexican Beef Stew Black Beans Salad Pineapple & Mango Flour Tortilla	30 Chicken Cilantro Soup BBW Pulled Pork Sandwich Potato Wedges Coleslaw Fresh Grapes or Pear		YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456	Trio - AZ 

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