

Mon

Tue

Wed

Thu

Fri

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



JUNE 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.

3 Lentil Soup Chicken Parmesan Winter Squash Broccoli Slaw Banana Spaghetti	4 Meatloaf Carrots Mesclun Salad Cantaloupe or Tangerine Dinner Roll	5 Chicken Divan Corn Spinach Salad W/ Mandarin Fresh or Canned Pear Brown Rice	6 Stuffed Peppers Mashed Potatoes Mixed Romaine & Ice Berg Pineapple Mango Roll	7 Vegetarian Lasagna Cauliflower & Green Peas Caesar Salad Mandarin Juice Pack Roll
10 Mexican Beef Stew Black Beans Salad Pineapple & Mango Flour Tortilla	11 Chicken Cilantro Soup BBQ Pulled Pork Sandwich Potato Wedges Coleslaw Fresh Grapes or Pear	12 Spaghetti W/ Meat Sauce Broccoli & Carrots Romaine Salad Fruit Cocktail	13 Fathers Day Meal: Yankee Pot Roast Peas & Corn Mashed Potatoes Waldorf Salad Roll	14 NO LUNCH (FACILITY OPEN FOR LA FETRA PICNIC)
17 Chicken Alfredo Brussels Sprouts Mesclun Salad W/ Celery Fruit	18 Beef Fajitas Pinto Beans Spinach Salad Orange or Cantaloupe Brown Rice	19 NO LUNCH (FACILITY OPEN)	20 Cream of Mushroom Soup Pork Chop Suey Broccoli Mandarin Beet Salad Applesauce	21 Quiche Peas & Onions Carrot Raisin Salad Pineapple & Mango Rotini Pasta W/ Tomato Sauce
24 Taco Salad Pinto Beans Salad Cinnamon Applesauce Roll	25 BBQ Chicken Yams Salad Pineapple & Mandarin Barely Pilaf	26 Lentil Soup Chili Mac Sauteed Spinach Marinated Tomato & Bell Pepper Salad Fruit Cocktail Cornbread	27 Lemon Pepper Chicken Cauliflower Cucumber Salad Peas Banana Roll	28 Baked Fish Veracruz Broccoli Spinach Salad W/ Mushroom Peach Seasoned Brown Rice

YWCA IS ON A MISSION

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 ***

