

Mon

Tue

Wed

Thu

Fri

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



JULY 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.

		10 Spaghetti W/ Meat Sauce Broccoli & Carrots Romaine Salad Fruit Cocktail	11 Chicken A La Trio Brussels Sprouts Spinach & Salad Cantaloupe Bread	12 Chefs Choice Fresh Baked Yams Marinated Tomato Green Pepper Salad Peach Roll
15 Vegetable Soup Chicken Alfredo Brussels Sprouts Mesclun Salad Fruit	16 Beef Fajitas Pinto Beans Spinach Salad Fruit Brown Rice	17 Rotisserie Chicken Green Beans Coleslaw Banana Roll	18 Pork Chop Suey Broccoli Mandarin Orange & Beet Salad Cinnamon Apple Sauce	19 Chefs Choice Peas & Onions Carrot Raisin Salad Pineapple Rotini Pasta W/ Tomato Sauce
22 Taco Salad Pinto Beans Cabbage & Lettuce Salad Cinnamon Applesauce Roll	23 BBQ Chicken Yams Mixed Iceberg & Kale Salad Pineapple & Mandarin Barley Pilaf	24 Lentil Soup Chili Mac Sauteed Spinach Marinated Tomato Bell Pepper Fruit Cocktail	25 Lemon Pepper Chicken Cauliflower Peas Banana	26 Chefs Choice Broccoli Spinach Salad W/ Mushroom Peach Brown Rice
29 Split Pea Soup Chicken Chipotle Baked Fresh Yams Mixed Green Salads Banana Brown Rice	30 Beef Lasagna Green Peas Romaine & Celery Cantaloupe Roll	31 Minestrone Soup Chicken Marsala Winter Squash Caesar Salad Mango Roll		

**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 ***

