

Mon

Tue

Wed

Thu

Fri

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



AUGUST 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 IS ON
A MISSION**

**YWCA San Gabriel Valley Senior
Services Department 101
S. Barranca Avenue,
Covina, CA 91724
Phone: 626-214-9456**

Trio - AZ

1 Swedish Meat Balls
Carrots
Broccoli Slaw
Peaches or Pear
Noodles

2 Spinach Quiche
Harvard Beets
Marinated Bean Salad
Orange
Barley Pilaf

5 Beef Hamburger
Carrot Salad
Sliced Lettuce & Tomato
Strawberries
Bun

6 Butternut Squash Soup
Soft Chicken Taco
Pinto Beans
Lettuce & Tomato
Mandarin Orange
Brown Rice

7 Hot Roast Beef
Mashed Potatoes
Marinated Beet Salad
Applesauce or Watermelon
Bread

8 Cabbage Soup
Crispy Chicken
Broccoli
Spring Mix Salad
Banana
Bread

9 Pork Carnitas
Baked Yams
Pineapple / Mango
Cilantro Brown Rice

12 Chicken Divan
Green Beans
Spinach Salad
Fresh Peach or Pear
Brown Rice

13 Meatloaf
Mashed Potatoes
Salad
Pineapple & Mango
Bread

14 Cream of Mushroom Soup
Chicken Parm
Winter Squash
Broccoli Slaw
Banana
Spaghetti

15 Stuffed Bell Pepper
Carrots
Mesclun Salad
Cantaloupe / Tangerine
Bread

16 Breaded Fish
Cauliflower & Peas
Caesar Salad
Fresh Mandarin Orange
Bread

19 Spaghetti with Meat Sauce
Broccoli & Carrots
Bean Salad
Fresh Fruit

20 Butternut Squash Soap
Chicken A La Trio
Brussels Sprouts
Spinach Salad
Banana
Bread

21 Mexican Beef Stew
Black Beans
Lettuce & Tomato Salad
Kiwi
Spanish Brown Rice

22 Chicken Cilantro
BBQ Pulled Pork
Potato Wedges
Coleslaw
Fresh Pear or Strawberries

23 Salisbury Steak
Baked Yams
Romaine Salad
Cantaloupe
Bread

26 Oven Baked Chicken
Green Beans
Coleslaw
Banana
Bread

27 Beef Chop Suey
Broccoli
Beet & Mandarin
Apple Sauce
Brown Rice

28 Vegetable Soup
Chicken Alfredo
Brussels Sprouts
Mesclun Salad
Fresh Fruit

29 Beef Fajitas
Pinto Beans
Spinach Salad
Fresh Orange
Brown Rice

30 Split Pea Soup
Tuna Sandwich
Carrot Raisin Salad
Lettuce & Tomato Slice
Pineapple & Mango
Bread

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