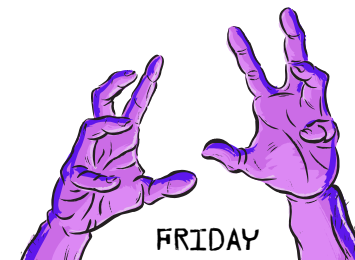


# OCTOBER 2024

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>eliminating racism empowering women</b>  <b>ywca</b>            San Gabriel Valley</p>	<p><b>1</b> Butternut Squash Soup            Chicken A La Trio            Brussels Sprouts            Spinach Salad            Banana Bread</p>	<p><b>2</b> Mexican Beef Stew            Black Beans            Lettuce and Tomato            Kiwi            Spanish Brown Rice            Tortilla</p>	<p><b>3</b> Chicken Cilantro            Soup BBQ Pulled Pork            Potato Wedges            Coleslaw            Fruit</p>	<p><b>4</b> Baked Fish w/ Lemon            Sce Baked Yam            Romaine Salad            Cantaloupe            bread</p>
<p><b>7</b> Oven Baked            Chicken Green            Beans Coleslaw            Banana            Roll</p>	<p><b>8</b> Beef Chop Suey            Broccoli            Beet &amp; Mandarin            Salad Apple Sauce            Brown Rice</p>	<p><b>9</b> Vegatable Soup            Chicken Alfredo            Brussels Sprouts            Mesclun Salad            Fresh Fruit            Bread</p>	<p><b>10</b> Beef Fajitas            Pinto Beans            Spinach Salad            Fresh Orange            Brown Rice</p>	<p><b>11</b> Split Pea Soup            Tuna Sandwich            Carrot Raisin Salad            Pineapple &amp; Mango            Bread</p>
<p><b>14</b>   <b>NO LUNCH (CENTER OPEN)</b></p>	<p><b>15</b> Lemon Pepper            Chicken Cauliflower            Marinated Cucumber            Salad Banana            Bread</p>	<p><b>16</b> Taco Salad Pinto            Beans Cabbage            Peach or Nectarine            Bread</p>	<p><b>17</b> BBQ Chicken            Baked Yam            Mixed Iceberg            Kiwi            Barley Pilaf</p>	<p><b>18</b> Sweet &amp; Sour Pork            Broccoli            Spinach Salad            Tangerine            Brown Rice</p>
<p><b>21</b> Chicken Curry            Winter Squash Asian            Cucumber Salad            Fresh Pear            Orange Juice            White Rice</p>	<p><b>22</b> Swedish Meatballs            Green Peas            Romaine Salad            Kiwi            Noodles</p>	<p><b>23</b> Cream of Broccoli            Soup Chicken Chipotle            Cauliflower            Mixed Green Salad            Banana            Brown Rice</p>	<p><b>24</b> Beef Lasagna            Carrots            Creamy            Coleslaw            Peaches</p>	<p><b>25</b> Baked Fish            W/ Crumb Topping            Harvard Beets            Marinated Bean Salad            Orange            Barely Pilaf</p>
<p><b>28</b> Beef            Hamburger            Carrots Salad            Strawberries</p>	<p><b>29</b> Butternut Squash Soup            Soft Chicken Taco            Pinto Bean            Lettuce and Tomato            Brown Rice</p>	<p><b>30</b> Hot Roast Beef            Mash Potatoes            Marinated Beet Salad            Apple Sauce or            Watermelon            Bread</p>	<p><b>31</b> Skeleton Bones (Chicken)            Monster Tears (peas)            Toadstool (Boiled Potato)            Goblin Salad            Orange Juice            and a Soft Rock (bread)</p>	<p><b>YWCA San Gabriel Valley            Senior Services Department            101 S. Barranca Avenue,            Covina, CA 91724            Phone: 626-214-9456</b></p>

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.

\*\*\* subject to change without notice \*\*\*all entrees include an 8 oz carton of milk \*\*\* suggested donation of 3\$ \*\*\*

**Trio AZUSA**