

eliminating racism
empowering women



Metropolitan Phoenix

August 2019

Glendale Adult Center (623) 930-4321

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	DAILY SUGGESTED CONTRIBUTION: \$2.50	*Lunch Served At Noon Monday-Friday*	MILK SERVED DAILY: ½ Pint	1 Seafood Salad Tomato Wedges Chilled Beets Fruited Yogurt	2 BBQ Riblet Potato Salad Sweet Peas Mandarin Oranges	3
4	5 Stuffed Chicken Breast Steamed Broccoli Country Mix Veg. Pineapple Tidbits	6 Beef Fajita Fiesta Blend Veg. Cauliflower Fresh Fruit	7 Chicken Chop Suey Asian Blend Veg. Brussel Sprouts Diced Pears	8 Beef Cabbage Rolls Dilled Carrots Brussel Sprouts Fruit Cocktail	9 Scrambled Eggs Corned Beef Hash Sliced Tomatoes Blueberry Muffin	10
11	12 Lemon Pepper Fish Carrot Coins Lima Beans Applesauce	13 Teriyaki Chicken Snap Peas Egg Roll Fresh Fruit	14 Sub Sandwich Garden Salad Pea Salad Mandarin Oranges	15 Chicken Alfredo Italian Mix Veg. Zucchini & Squash Fruited Yogurt	16 Sloppy Beefy Joes Flame Roasted Corn Coleslaw Mango Icee	17
18	19 Meatloaf Mashed Potatoes Capri Mix Veg Diced Pears	20 Tuna Salad Tomato Slices Broccoli Salad Fresh Fruit	21 All Beef Hotdog Baked Beans Potato Salad Apple Pie	22 BBQ Chicken Buttered Corn Brussel Sprouts Fruit Cocktail	23 Sliced Ham Scalloped Potatoes Green Beans Ice Cream	24
25	26 Chicken Tostada Spanish Rice Charro Beans Mandarin Oranges	27 Baked Rigatoni Italian Mix Veg. Carrot Coins Fresh Fruit	28 Chicken Pot Pie w/country mix veg Steamed Broccoli Baked Apple Slices	29 Beef Stuffed Pepper Bermuda Mix Veg. Cornbread Chilled Peaches	30 Baked Cod Garden Salad Rosemary Potatoes Cherry Pie	31

**YWCA Menu Subject to Change