

MENU

YWCA @ Glendale Adult Center | 5970 W. Brown St., Glendale, AZ 85302 | 623.930.4321 | Lunch Served @ Noon

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
	Suggested Daily Contribution: \$3.00 per meal		Beef Stuffed Pepper Italian Blend Veg Spinach Pineapple	Pork Cutlet Mashed Potatoes Broccoli Mandarin Oranges	Beef & Bean Chili California Blend Veg Squash Medley Pears	
5	6	7	8	9	10	11
	Turkey Tetrazzini w/ Country Mix Veg Bermuda Blend Warm Apples	Pork Chow Mein Brussel Sprouts Asian Blend Veg Fruited Yogurt	Salmon Pattie Tuscany Blend Veg Succotash Fresh Fruit	Spaghetti & Meatballs Carrots Asparagus Pears	Chicken Philly Cheese w/ Roasted Veggies Caribbean Blend Veg Fruited Gelatin	
12	13	14	15	16	17	18
	Baked Pork Chop Mashed Potatoes Peas & Carrots Pears	Shrimp Scampi Normandy Blend Veg Flame Roasted Corn Peaches	BBQ Pork Riblet Grilled Veg Blend Baked Beans Fresh Fruit	Beef Enchilada Grilled Veggies Refried Beans Tropical Fruit	Oven Fried Chicken Mashed Potatoes Broccoli Fruited Yogurt	
19	20	21	22	23	24	25
	Grilled Chicken Breast Asparagus Malibu Blend Veg Mandarin Oranges	Beef Goulash Tuscany Blend Veg Chuckwagon Blend Veg Fruited Gelatin	Seafood Salad Sliced Tomatoes Broccoli Salad Fresh Fruit	NO LUNCH SERVED <hr/> SPECIAL EVENT SCHEDULED	Spinach Ravioli Winter Blend Veg Italian Blend Veg Tropical Fruit	
26	27	28	29	30		
	Turkey Meatball Sub Biscayne Mix Veg Brussel Sprouts Pineapple	Beef Stuffed Cabbage w/ Steamed Cabbage Caribbean Blend Veg Applesauce	Chicken Salad w/ croissant Cucumbers & Tomatoes Fresh Fruit	Sliced Ham w/glaze Normandy Blend Veg Roasted Sweet Potatoes Fruited Yogurt	<i>*YWCA Metropolitan Phoenix's Menu is subject to change as needed*</i>	