

MENU

JUNE
2026

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

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
	Turkey Pot Pie w/ Country Mix Veg Bermuda Blend Veg 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	Turkey & Cheese Sub Sliced Tomatoes Coleslaw Fruited Gelatin	
7	8	9	10	11	12	13
	Baked Pork Chop Mashed Potatoes Peas & Carrots Pears	Shrimp Scampi Normandy Blend Veg Flame Roasted Corn Peaches	Beef Enchilada Bermuda Blend Refried Beans Fresh Fruit	Spinach Ravioli Winter Blend Veg Italian Blend Veg Tropical Fruit	Seafood Salad w/ Lettuce & Tomato Potato Salad Fruited Yogurt	
14	15	16	17	18	19	20
	Grilled Chicken Breast Asparagus Malibu Blend Veg Applesauce	Beef Goulash Tuscany Blend Veg Chuckwagon Blend Fruited Gelatin	BBQ Pork Riblet Baked Beans Grilled Veg Blend Fresh Fruit	Egg Salad (on croissant) Cottage Cheese Lettuce & Tomatoes Peaches	YWCA CLOSED IN OBSERVANCE OF 	
21	22	23	24	25	26	27
	Turkey Meatball Sub Biscayne Veg Brussel Sprouts Pineapple	Beef Stuffed Cabbage Steamed Cabbage Caribbean Blend Veg Mandarin Oranges	Herb Crusted Tilapia Peas California Blend Veg Fresh Fruit	Ham Steak Roasted Sweet Potatoes Normandy Blend Veg Fruited Yogurt	Chicken Salad Cucumbers & Tomatoes Beets Pears	
28	29	30				
	Chicken Parmesan Italian Mix Veg Malibu Blend Veg Peaches	Pork Loin Mashed Potatoes Cape Cod Blend Applesauce		Suggested Daily Contribution: \$3.00 per meal		

YWCA Metropolitan Phoenix's Menu is subject to change as needed