

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

SUN	MON	TUE	WED	THU	FRI	SAT
	Suggested Daily Contribution: \$3.00 per meal			1 Catfish Broccoli Butternut Squash Fruited Yogurt	2 Roast Beef & Cheddar Sandwich- w/ let & tom Tomato Soup Pears	3
4	5 Chicken Enchilada Black Bean & Corn Tuscany Blend Veg Applesauce	6 Beef Burger Roasted Potatoes Normandy Blend Veg Pineapple	7 Shrimp Alfredo Bermuda Blend Veg Snap Peas Fresh Fruit	8 Sweet & Sour Pork California Blend Veg Veg Egg Roll Mandarin Oranges	9 Chicken Philly Cheese Pinto Beans Caribbean Blend Veg Fruited Gelatin	10
11	12 YWCA CLOSED 	13 Shrimp Scampi Normandy Blend Veg Corn w/red peppers Peaches	14 Beef Enchilada Refried Beans Bermuda Blend Veg Fresh Fruit	15 Oven Fried Chicken Roasted Red Potatoes Broccoli Tropical Fruit	16 BBQ Pork Riblet Grilled Veggie Blend Baked Beans Strawberry Ice Cream	17
18	19 Breaded Tilapia Butternut Squash Malibu Blend Veg Mandarin Oranges	20 Chicken w/mushroom gravy Mashed Potatoes Carrots Fruited Gelatin	21 Beef Goulash Chuckwagon Blend Veg Mediterranean Blend Fresh Fruit	22 Pork Kielbasa w/fajita mix 4-Way Blend Veg Broccoli Pears	23 Spinach Quiche Winter Blend Veg Green Beans Tropical Fruit	24
25	26 Beef Meatball Sub Biscayne Mix Veg Brussel Sprouts Pineapple	27 Chicken Chimi Fiesta Blend Veg Pinto Beans Applesauce	28 HALLOWEEN LUNCH BBQ Pulled Chicken Seasoned Potatoes Flame Roasted Corn Carrot Cake Muffins	29 Fish Sticks Peas & Carrots Corn & Black Beans Mixed Fruit	30 Beef Stuffed Pepper w/ Garden Blend Rice Italian Blend Veg Peaches	31

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