

YWCA @ Glendale Adult Center | 5970 W. Brown St., Glendale, AZ 85302 | 623. 930. 4321 | Lunch Served @ Noon

SUN	MON	TUE	WED	THU	FRI	SAT
	We are closed! 	2 Beef & Broccoli w/rice Snap Peas Mandarin Oranges	3 Tuna Salad Cucumbers Tomatoes Fresh Fruit	4 Teriyaki Chicken Winter Mix Corn Pears	5 Stuffed Cabbage Caribbean Blend Green Beans Pineapple	6
7	8 Oven Baked Chicken California Blend Corn Tropical Fruit	9 Baked Potato w/ Broccoli & Cheddar Carrots Peaches	10 Beefy Burger Malibu Blend Green Beans Fresh Fruit	11 Baked Cod Peas & Carrots Cauliflower Mixed Fruit	12 Turkey Tetrazzini Brussel Sprouts Prince Edward Blend Sherbet	13
14	15 Beef Lasagna Italian Green Beans Malibu Blend Pineapple	16 Pork Pot Stickers Oriental Blend Zucchini & Squash Mandarin Oranges	17 Chicken Fajita w/grilled veg Pinto Beans Caribbean Blend Fresh Fruit	18 NO LUNCH SERVED ALL HANDS TEAM MEETING	19 Ground Beefy Gravy Mashed Potatoes Corn Pears	20
21	22 BBQ Riblet Brussel Sprouts California Blend Mixed Fruit	23 Herb Roasted Chicken Red Potatoes Snap Peas Pineapple	24 Seafood Salad Cucumbers Tomatoes Fresh Fruit	25 Meatloaf Mashed Potatoes Peas Mandarin Oranges	26 Chicken Pot Pie Homestyle Mix Veg Broccoli Warm Apple Slices	27
28	29 Stuffed Chicken Breast w/ Broccoli Carrots Peaches	30 Beef & Bean Chili Roasted Peppers Capri Blend Applesauce	Suggested Daily Contribution: \$3.00 per meal		Hot Temps are still here, please stay hydrated 	

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