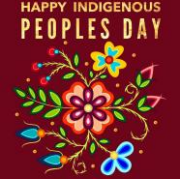


MENU

October
2025

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

SU N	MON	TUE	WED	THU	FRI	S A T
	Suggested Daily Contribution: \$3.00 per meal	 	1 Pork Carnitas Flame Roasted Corn Cauliflower Fresh Fruit	2 Salisbury Steak Mashed Potatoes Broccoli Mandarin Oranges	3 Baked Catfish Peas & Carrots Butternut Squash Pears	4
5	6 Chicken Pot Pie Country Mix Bermuda Blend Warm Apples	7 Beefy Cabbage Rolls Caribbean Blend Green Beans Fruited Gelatin	8 Chicken Salad w/ Tomato Slices Chilled Beets Fresh Fruit	9 Vegetable Quiche Carrots Asparagus Pears	10 Beef Enchilada Cauliflower Refried Beans Peaches	1
12	13 YWCA CLOSED 	14 Shrimp Alfredo Normandy Blend Corn & Red Peppers Apricots	15 Beef Stew w/ Country Stew Veg Steamed Broccoli Fresh Fruit	16 Stuffed Chicken Broccoli Country Blend Veg Tropical Fruit	17 BBQ Pork Riblet Grilled Veg Blend Baked Beans Strawberries	1
19	20 Baked Salmon Asparagus Malibu Blend Pears	21 Beefy Meatballs & Pasta Tuscany Blend Chuckwagon Blend Fruited Gelatin	22 Grilled Chicken Carrots Mashed Potatoes Fresh Fruit	23 Baked Pork Chop 4-Way Blend Veg Cauliflower Applesauce	24 Red Flake Crusted Tilapia Winter Blend Capri Blend Mixed Fruit	2
26	27 Swedish Meatballs & pasta Biscayne Veg Brussel Sprouts Pineapples	28 Chicken Fajita Caribbean Blend Pinto Beans Peaches	29 Pork Loin Carrots Garlic Mash Potatoes Fresh Fruit	30 Spinach & Cheese Ravioli Normandy Blend Veg Broccoli Fruited Yogurt	<i>Happy Halloween</i> 31 Beef & Bean Chili w/ Cornbread Roasted Brussel Sprouts Ghoulishly Good Dessert	

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