

September 2017

Valley West Center (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	YWCA MENU SUBJECT TO CHANGE		DAILY SUGGESTED CONTRIBUTION: \$2.50	MILK SERVED DAILY: 1/2 PINT	1 Ham Mac & Cheese Bermuda Mix Veg. Capri Blend Veg. Fruit/Dessert	2
3	HOLIDAY NO LUNCH SERVED	4 5 Spaghetti & Meatballs Sicilian Blend Veg. Italian Green Beans Fruit/Dessert	6 Country Fried Steak Mashed Potatoes Normandy Blend Veg. Fruit/Dessert	7 Baked Chicken Steamed Cabbage Calif. Blend Veg. Fruit/Dessert	8 All Beef Hotdog Tri-Color Potatoes Capri Blend Veg. Fruit/Dessert	9
10	11 Baked Cod Tuscany Blend Veg. Potato Salad Fruit/Dessert	12 BBQ Pulled Beef Seasoned Potatoes Baked Beans Fruit/Dessert	13 Chicken Alfredo Italian Blend Veg. Broccoli Fruit/Dessert	14 Salisbury Steak Mashed Potatoes Carrot Coins Fruit/Dessert	Mexican Indep. Day 15 Beef Taco Garden Salad Mix Pinto Beans Fruit/Dessert	16
17	18 Sloppy Joes Sweet Potatoes Winter Blend Veg. Fruit/Dessert	Healthy Lunch Day 19 Chef Salad Potato Salad Tomato Slices Fruit/Dessert	20 Beef Stuffed Cabbage Flame Roasted Corn Asparagus Fruit/Dessert	21 Roasted Pork Loin Baked Potatoes Normandy Blend Veg. Fruit/Dessert	22 Chicken Salad Garden Salad Beets Fruit/Dessert	23
24	25 Baked Ziti Italian Blend Veg. Asparagus Fruit/Dessert	26 Beef Pot Pie Country Mix Veg. Yellow Squash Fruit/Dessert	27 Sub Sandwich Pasta Salad Coleslaw Fruit/Dessert	28 Chicken Chow Mein Snap Peas Oriental Mix Veg. Fruit/Dessert	29 Lemon Pepper Fish Baked Tomato Capri Mix Veg. Fruit/Dessert	30