

# October 2017

Valley West Center (623)-931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Tilapia Sweet Potatoes Normandy Blend Veg. Fruit/Dessert	3 Veal Parmigiana Sicilian Blend Veg. Garden Salad Fruit/Dessert	4 Green Pepper Steak Midori Blend Veg. Mandarin Mix Veg. Fruit/Dessert	5 Chicken & Dumplings Peas Calif Blend Veg. Fruit/Dessert	6 Meatball Sub Garden Salad Potato Salad Fruit/Dessert	7
8	9 <b>HOLIDAY NO LUNCH SERVED</b>	10 Hamburger Steak Fries Baked Beans Fruit/Dessert	11 Sweet & Sour Chicken Egg Roll Asian Blend Veg. Fruit/Dessert	12 Beef Goulash Winterblend Veg. Italian Green Beans Fruit/Dessert	13 Oven Fried Chicken Flame Roasted Corn Mashed Potatoes Fruit/Dessert	14
15	16 Beef Stew Country Blend Veg. Cauliflower Fruit/Dessert	17 Chef Salad(meat,ch,egg) Garden Mix Salad Beets Fruit/Dessert	18 Clams (in white sauce) Tuscany Blend Veg. Broccoli Fruit/Dessert	19 Pesto Chicken *nuts* Asparagus Sicilian Blend Veg. Fruit/Dessert	20 Egg Scramble Western Potatoes Tomato Slices Fruit/Dessert	21
22	23 Tuna Noodle Casserole Stewed Tomatoes Country Mix Veg. Fruit/Dessert	24 Chicken Chow Mein Asian Blend Veg. Snap Peas Fruit/Dessert	25 German Style Pork Garlic Mashed Potatoes Scandinavian Mix Veg. Fruit/Dessert	26 Roasted Turkey Sweet Potatoes Caribbean Blend Veg. Fruit/Dessert	27 Grilled Chicken Carrot Salad Tri-Color Potatoes Fruit/Dessert	28
29	30 Beef Fajita Charro Beans Spanish Rice Fruit/Dessert	31 <b>HALLOWEEN MENU</b> Roast Beef Mashed Potatoes Bermuda Mix Veg. Carrot Cake	<b>DAILY SUGGESTED CONTRIBUTION: \$2.50</b>	<b>MILK SERVED DAILY: 1/2 PINT</b>	<b>**YWCA MENU SUBJECT TO CHANGE**</b>	