

December 2018

Valley West Center (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Teriyaki Chicken Egg Roll Asian Blend Veg. Mandarin Oranges	4 Pulled Pork Baby Carrots Asparagus Fresh Fruit	5 Beef Goulash Winter Blend Veg. Green Beans Peaches	6 Chicken Caesar Salad Sliced Tomatoes Potato Salad Fruited Yogurt	7 Fish Taco Coleslaw Charro Beans Applesauce	8
9	10 Pork Roast Mashed Potatoes Green Beans Tropical Fruit Mix	11 Beef Stir Fry Steamed Cabbage Snap Peas Fresh Fruit	12 Tuna Salad Sliced Tomatoes Chilled Beets Fruited Gelatin	13 Beef Stuffed Pepper w/Rice Baby Carrots Fruit Crisp	14 Chicken Sandwich w/lettuce, tom, onion Potato Chips Pineapple	15
16	17 Veal Parmigiana Italian Blend Veg. Asparagus Pears	18 BBQ Chicken Tri-Colored Potatoes Country Mix Veg. Fresh Fruit	19 Holiday Luncheon Chicken Cordon Bleu Twice Baked Potato French Green Beans Frosted Cake	20 Tilapia Coleslaw Seasoned Potatoes Peaches	21 All Beef Hotdog Dilled Carrots Seasoned Potatoes Yogurt	22
23	24 HOLIDAY NO LUNCH SERVED	25 HOLIDAY NO LUNCH SERVED	26 Beef Stew w/stew mix veggies Broccoli Baked Apples	27 Chicken Rotini Baby Carrots Italian Green Beans Fruit Cocktail	28 Ham Sandwich Broccoli Cheese Soup Potato Chips Ice Cream	29
30	31 *Served at 11:30* Western Omelet Sausage Links Breakfast Potatoes Blueberry Muffin	HAPPY NEW YEAR!!	<i>"Cherish your human connections - your relationships with friends and family."</i> Barbara Bush	DAILY SUGGESTED CONTRIBUTION: \$2.50	MILK SERVED DAILY: 1/2 PINT	

YWCA MENU-Subject to Change