



February 2019

Glendale Community Center (623) 930-4700

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	DAILY SUGGESTED CONTRIBUTION: \$2.50	MILK SERVED DAILY: ½ Pint			Tilapia Creamy Coleslaw Sliced Tomatoes Chilled Pears	1 2
3	4 Beef Stew w/ Country Mix Veg. Broccoli Baked Sliced Apples	5 Turkey Burger Sweet Potatoes Lima Beans Fresh Fruit	6 Chicken Rotini Baby Carrots Italian Green Beans Fruit Cocktail	7 Beef Tostada Refried Beans Spanish Rice Pineapple Tidbits	8 Ham & Cheese Sub Tomato Soup Baked Potato Chips Vanilla Ice Cream	9
10	11 Pork Fajita Stewed Tomatoes Pinto Beans Pear Slices	12 Baked Cod Savory Spinach Cauliflower Fresh Fruit	13 Tuna Noodle Casserole Country Mix Veg. Tuscany Blend Veg. Chilled Peaches	14 Valentine Menu Savory Roast Beef Mashed Potatoes w/ Gravy Sweet Peas Red Velvet Cake	15 Meatball Sub Italian Green Beans Green Garden Salad Mango Icee	16
17	18 HOLIDAY NO LUNCH SERVED	19 BBQ Chicken Flame Roasted Corn Broccoli Fresh Fruit	20 Beef & Bean Chili Sweet Baby Carrots Cornbread Applesauce	21 Turkey Tetrazzini Sweet Peas Brussel Sprouts Fruited Gelatin	22 Beef Stuffed Cabbage Steamed Cabbage Sicilian Blend Veg. Peach Pie	23
24	25 Teriyaki Chicken Egg Roll Mandarin Blend Veg. Mandarin Oranges	26 Pulled Pork Carrot Coins Asparagus Fresh Fruit	27 Beef Goulash Winter Blend Veg. Cut Green Beans Sliced Peaches	28 Chicken Caesar Salad Sliced Tomatoes Potato Salad Fruited Yogurt	*YWCA MENU- Subject to Change*	