



February 2019

Valley West Center (623) 931-7436

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