

April 2019

Valley West Center 623-931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Meatloaf Mashed Potatoes w/gravy Capri Mix Veg. Diced Pears	2 Ham Slice Scalloped Potatoes Brussel Sprouts Fresh Fruit	3 Baked Rigatoni French Style Green Beans Carrot Coins Pineapple Tidbits	4 BBQ Chicken Baked Sweet Potatoes Buttered Corn Fruit Cocktail	5 Tuna Salad Broccoli Salad Tomato & Cucumbers Applesauce	6
7	8 Chicken Tostada Spanish Rice Charro Beans Mandarin Oranges	9 Beef Tips over Noodles Baby Carrots Cauliflower Fresh Fruit	10 Chicken Pot Pie w/ Country Mix Veg. Steamed Broccoli Baked Apple Slices	11 Beef Stuffed Pepper Dilled Carrots Sweet Peas Sliced Peaches	12 Baked Cod Creamy Coleslaw Sliced Tomatoes Ice Cream	13
14	15 Beef Goulash Tuscany Blend Veg. Snap Peas Pineapple Chunks	16 Chef Salad Garden Salad Mix Chilled Diced Beets Fresh Fruit	17 Veal Parmigiana Italian Green Beans Capri Mix Veg. Fruited Gelatin	18 Herb Roasted Chicken Red Potatoes Flame Roasted Corn Chilled Pears	19 Tilapia Sicilian Blend Veg. French Green Beans Cherry Pie	20
21	22 Veggie Burger Dilled Carrots Rosemary Potatoes Applesauce	23 Broccoli & Beef over Rice Steamed Cabbage Fresh Fruit	24 Chicken Enchilada Casserole Stewed Tomatoes California Blend Veg. Chilled Peaches	25 Seafood Salad Tomato Wedges Potato Salad Fruited Yogurt	26 BBQ Riblet Sweet Peas Tri-Color Potatoes Mandarin Oranges	27
28	29 Beef Fajita Fiesta Blend Veg. Snap Peas Pineapple Tidbits	30 Stuffed Chicken Breast Steamed Broccoli Country Mix Veg. Fresh Fruit	DAILY SUGGESTED CONTRIBUTION: \$2.50	MILK SERVED DAILY: ½ Pint	*Lunch Served at Noon*	

YWCA Menu Subject to Change*