

March 2019

Valley West Center 623-931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lunch Served at Noon	MILK SERVED DAILY: ½ Pint	DAILY SUGGESTED CONTRIBUTION: \$2.50		1 BLT Sandwich Vegetable Soup Baked Chips Applesauce	2
3	4 Pork Roast Whipped Potatoes French Green Beans Tropical Fruit Mix	5 Beef Stir Fry Steamed Cabbage Snap Peas Fresh Fruit	6 Seafood Salad w/ lettuce mix & crabmeat Chilled Beets Fruited Gelatin	7 Beef Stuffed Pepper Garden Blend Rice Baby Carrots Fruit Crisp	8 Fish Taco Coleslaw Charro Beans Pineapple	9
10	11 Veal Parmigiana Italian Blend Veg. Asparagus Pears	12 BBQ Chicken Tri-Colored Potatoes Country Mix Veg. Fresh Fruit	13 Hamburger Dilled Carrots Seasoned Potatoes Yogurt	14 Chicken Chop Suey Asian Blend Veg. Broccoli Mandarin Oranges	15 St. Patrick's Day Corned Beef & Cabbage Red Potatoes Seasoned Carrots Pistachio Dessert	16
17	18 Hearty Beef Stew w/beef & veg mix Broccoli Baked Sliced Apples	19 Turkey Burger Sweet Potatoes Lima Beans Fresh Fruit	20 Chicken Rotini Baby Carrots Italian Green Beans Fruit Cocktail	21 Beef Tostada Refried Beans Spanish Rice Pineapple	22 Tilapia Sliced Tomatoes Carrot Salad Sliced Pears	23
24	25 Baked Chicken Cauliflower Brussel Sprouts Peach Slices	26 Beef & Bean Chili Baby Carrots Cornbread Fresh Fruit	27 Meatball Sub Italian Green Beans Snap Peas Mango Icee	28 Chicken Salad Beets Carrot Salad Mandarin Oranges	29 HEALTH FAIR All Beef Hotdog Baked Beans Potato Salad Choc Chip Cookie	30
31						

YWCA Menu Subject to Change