



November 2019

Valley West Center 623-931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MILK SERVED DAILY: ½ Pint	*Lunch Served At Noon Monday-Friday*	DAILY SUGGESTED CONTRIBUTION: \$2.50		Baked Cod Coleslaw Sliced Tomatoes Fruit Cocktail	1 2
3	4 Beef Goulash Winterblend Veg. Mixed Veg. Chilled Pears	5 Pork Carnitas Normandy Blend Veg. Refried Beans Fresh Fruit	6 Chicken Pot Pie w/ country mix Veg. Tuscany Blend Veg. Warm Apple Slices	7 Beef Chili w/beans Cornbread Carrot Coins Applesauce	8 Oven Fried Chicken Whipped Potatoes Brussel Sprouts Mango Icee	9
10	11 HOLIDAY NO LUNCH SERVED	12 Veal Parmigiana Sicilian Blend Veg. Italian Green Beans Fresh Fruit	13 Chicken Tostada Scandinavian Blend Veg. Spanish Rice Sliced Pears	14 Beef Stuffed Pepper Caribbean Blend Veg. Country Mix Veg. Chilled Peaches	15 Italian Sausage Potato Salad Sweet Peas Cherry Pie	16
17	18 Green Pepper Steak Asian Blend Veg. Zucchini & Squash Mandarin Oranges	19 Herb Roasted Chicken Stewed Tomatoes Cauliflower Fresh Fruit	20 Lasagna Italian Mix Veg. Peas & Carrots Peach Slices	21 Tuna Salad Sliced Tomatoes Macaroni Salad Fruited Yogurt	22 Traditional Thanksgiving Lunch	23
24	25 Chicken Alfredo Snap Peas Bermuda Mix Veg. Pineapple Tidbits	26 Beef Stew w/ Homestyle Stew Mix Veg. Broccoli Fresh Fruit	27 BBQ Pulled Pork Dilled Carrots Seasoned Potatoes Fruited Yogurt	28 HOLIDAY NO LUNCH SERVED	29 HOLIDAY NO LUNCH SERVED	30

**YWCA Menu Subject to Change