

La Verne Community Center, 3680 "D" St.,

La Verne  
RESERVATIONS:  
909-596-8778

# FEBRUARY 2015

Please arrive by 11:15 AM for beverage service.  
Lunch is served at 11:30 AM.

Please call day ahead  
before 11AM!!! On  
"Your Choice Days"  
call 2 days before!!!

## YWCA San Gabriel Valley - Intervale Senior Café La Verne Lunch Bunch

**IMPORTANT:** "YOUR CHOICE" MEALS WILL BE ORDERED BASED ON THE SELECTIONS MADE; OTHERWISE, FIRST COME, FIRST SERVED. YOU SHOULD KNOW THAT WE MAY NOT BE ABLE TO HONOR YOUR FIRST CHOICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> CREAMY CORN SOUP PORK LOIN ROAST PARSLEY POTATOES GREEN BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARGARINE GINGERED PEARS	<b>3</b> BROCCOLI CHEESE SOUP ITALIAN MEATLOAF W/ ITALIAN TOMATO SAUCE MASHED POTATOES PEAS & CARROTS GARDEN SALAD W/ GREEN PEPPERS & RADISHES FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	<b>4</b> POTATO & ONION SOUP TERIYAKI CHICKEN RICE (BROWN & WHITE) SPINACH CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH BETTY W/ OATMEAL CRUMB TOPPING (½ C FRUIT)	<b>5</b> MINESTRONE SOUP ITALIAN MEATBALLS SPAGHETTI IN TOMATO SAUCE BROCCOLI & CORN APPLE SALAD (½ C FRUIT) PEANUT BUTTER COOKIES	<b>6</b> CHICKEN ALBONDIGAS SOUP W/ TWO MEATBALLS STEAK PICADO PICO DE GALLO SPANISH RICE (BROWN & WHITE) BAKED WINTER SQUASH LETTUCE & TOMATO SALAD RANCH DRESSING FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP
<b>9</b> ORANGE JUICE STUFFED BELL PEPPER FRESH SWEET POTATO HOT HARVARD BEETS GARDEN SALAD W/ SHREDDED RED CABBAGE & CARROTS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	<b>10</b> BEEF VEGETABLE BARLEY SOUP TURKEY ALA KING NORMANDY VEGETABLES TOSSED SALAD W/ MUSHROOMS & RADISHES 1000 ISLAND DRESSING BISCUIT W/ MARGARINE FRESH APPLE	<b>11 SOUP N' SUB</b> NAVY BEAN SOUP SUBMARINE SANDWICH (ROST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. LETTUCE, TOMATO & ONION SLICES POTATO SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE PINEAPPLE CHUNKS	<b>12 CITY SPONSORED</b> POTATO & ONION SOUP CHICKEN CACCIATORE PENNE PASTA SPINACH SALAD W/ TOMATO CHUNKS CREAMY ITALIAN DRESSING SLICED CANTALOUPE OR HONEYDEW	<b>13 VALENTINE'S DAY MENU</b> ORANGE JUICE BEEF BURGUNDY MASHED POTATOES GREEN BEANS & CORN TOSSED SALAD W/ RED CABBAGE 1000 ISLAND DRESSING WHOLE GRAIN ROLL W/ MARGARINE PEACH PIE
<b>16 PRESIDENTS' DAY</b>  CENTERS CLOSED	<b>17</b> VEGETABLE SOUP SWISS STEAK W/ LS GRAVY MASHED POTATOES BROCCOLI & CARROTS LETTUCE W/ TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	<b>18</b> CREAMY SQUASH SOUP SWEET & SOUR PORK RICE PILAF (BROWN & WHITE) GREEN BEANS W/ RED PEPPERS CHINESE CABBAGE SLAW (½ CUP) WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS	<b>19 Chinese New Year</b> HOT & SOUR SOUP CHICKEN CHOP SUEY STEAMED RICE CHINESE VEGETABLES CITRUS FRUIT CUP WHOLE GRAIN BREAD W/ MARGARINE TWO FORTUNE COOKIES	<b>20 Soup &amp; Sandwich</b> POTATO & ONION SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD THREE BEAN SALAD CARROT-BROCCOLI SLAW TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
<b>23</b> BEEF BARLEY VEGETABLE SOUP HERB CHICKEN LEG & THIGH SCALLOPED POTATOES BROCCOLI W/ RED PEPPERS APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING	<b>24 YOUR CHOICE</b> CREAMY TOMATO SOUP PORK LOIN W/ GRAVY, OR SALMON IN LEMON- PEPPER SAUCE RICE PILAF (BROWN & WHITE) BAKED WINTER SQUASH CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE	<b>25</b> SPLIT PEA SOUP HAMBURGER W/ CHEESE, LETTUCE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO & RELISH PACKETS PARSLEY POTATOES GREEN BEANS & CORN WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH ORANGE SECTIONS	<b>26 BIRTHDAY LUNCH</b> ALBONDIGAS SOUP CHICKEN FAJITAS W/ ONIONS & GREEN PEPPERS PICO DE GALLO TEX-MEX RICE (BROWN/WHITE) CARROTS & BROCCOLI MARINATED BEET & ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP	<b>27</b> MINESTRONE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE SALAD W/ MUSHROOMS ITALIAN DRESSING FRENCH BREAD W/ MARGARINE PINEAPPLE CHUNKS



Administered by  
YWCA San Gabriel Valley - Intervale Senior Services  
and funded in part by the Los Angeles County  
Area Agency on Aging through the  
Older Americans Act of 1965 as amended.

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**SUBJECT TO CHANGE WITHOUT NOTICE \*\*\* SUGGESTED DONATION \$2.00 \*\*\* 1% LOW FAT MILK INCLUDED  
HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS**

**FOR YOUR SAFETY:**

The Los Angeles County on Aging prohibits any removal of food or beverages from the lunch site. Consuming food or beverages that have not been kept at proper heating and cooling temperatures can be harmful to your health.

**HAPPY VALENTINE'S DAY**  
**Saturday, February 14<sup>th</sup>!**

