

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

La Verne
RESERVATIONS:
909-596-8778

MARCH 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
2 NAVY BEAN SOUP OPEN FACE HOT SLICED TURKEY SANDWICH FRESH SWEET POTATOES GREEN PEAS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	3 CHICKEN ALBONDIGAS SOUP W/ 2 MEATBALLS BEEF FAJITAS SPANISH RICE (BROWN & WHITE) PINTO BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE FRESH ORANGE SECTIONS	4 SWEET CORN SOUP CHICKEN CHOW MEIN NOODLES IN ENTRÉE GARLIC BABY BOK CHOW SUNSET SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH APPLE	5 SPLIT PEA SOUP BBQ PORK RIBBLET SANDWICH MACARONI SALAD SLICED CANTALOUPE GREEN BEANS W/ RED PEPPERS WHOLE GRAIN HAMBURGER BUN W/ MARGARINE VANILLA PUDDING	6 YOUR CHOICE SALMON IN LEMON-PEPPER SAUCE, LEMON SLICE & TARTAR SAUCE, OR OVEN FRIED CHICKEN LEG & THIGH W/ GRAVY POTATOES AU GRATIN MIXED VEGETABLES GARDEN SALAD W/ TOMATO CHUNKS ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP
9 LENTIL SOUP ITALIAN MEATLOAF W/ ITALIAN TOMATO SAUCE MASHED POTATOES MIXED VEGETABLES ROMAINE SALAD W/ MANDARIN ORANGES CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE PINEAPPLE CHUNKS	10 CREAMY TOMATO SOUP ROSEMARY CHICKEN BREAD DRESSING CREAMED SPINACH MARINATED BEET & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE CITRUS FRUIT CUP	11 CHICKEN NOODLE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH GREEN PEAS & LIMA BEANS TOSSED SALAD W/ TOMATO CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	12 BEEF BARLEY VEGETABLE SOUP TURKEY DIVAN MASHED POTATOES BROCCOLI MARINATED TOMATO, BELL PEPPER & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH BANANA	13 Soup & Sandwich 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 APPLE
16 CREAMY CORN SOUP PORK LOIN ROAST W/ GRAVY SCALLOPPED POTATOES GREEN BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS IN JUICE	17 CITY SPONSORED CREAMY SQUASH SOUP CORNED BEEF PARSLEY POTATOES CABBAGE SPINACH SALAD W/ TOMATO CHUNKS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	18 TERIYAKI CHICKEN FRESH SWEET POTATO GREEN PEAS & CARROTS CREAMY COLESLAW WHOLE GRAIN ROLL W/ MARGARINE PEACH BETTY (1/2 C FRUIT) W/ OATMEAL CRUMB TOPPING	19 MINISTRONE SOUP SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA BROCCOLI & CORN CINNAMON APPLESAUCE PEANUT BUTTER COOKIES	20 YOUR CHOICE VEGETABLE SOUP CHIPOTLE ROAST PORK W/ SALSA OR FISH VERA CRUZ W/ SAUCE, SALSA, LEMON SLICE & TARTAR SAUCE TEX-MEX RICE BROWN/WHITE GREEN BEANS & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP
23 ROAST BEEF W/ LOW- SODIUM GRAVY FRESH SWEET POTATO PICKLED BEETS GARDEN SALAD W/ SHREDDED RED CABBAGE & CARROTS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	24 BEEF VEGETABLE BARLEY SOUP TURKEY ALA KING NORMANDY VEGETABLES TOSSED SALAD W/ MUSHROOMS & RADISHES 1000 ISLAND DRESSING BISCUIT W/ MARGARINE FRESH APPLE	25 SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. LETTUCE, TOMATO & ONION SLICES POTATO SALAD THREE BEAN SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE PINEAPPLE CHUNKS	26 BIRTHDAY LUNCH POTATO & ONION SOUP CHICKEN CACCIATORE PENNE PASTA SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING SLICED CANTALOUPE PEACH PIE	27 CREAMY SQUASH SOUP BRAISED BEEF TIPS W/ GRAVY MASHED POTATOES MARINATED TOMATO, GREEN PEPPER, & ONION SALAD ORANGE SECTIONS WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING

30

LENTIL SOUP
PORK CARNITAS
TEX-MEX RICE (BROWN &
WHITE)
BAKED WINTER SQUASH
GREEN PEAS
GARDEN SALAD W/ RED
CABBAGE & RADISHES
FRENCH DRESSING
FLOUR TORTILLA W/
MARGARINE
ORANGE SECTIONS

31

VEGETABLE SOUP
HAWAIIAN CHICKEN
PARSLEY POTATOES
BROCCOLI & CARROTS
LETTUCE W/ TOMATO
SALAD
RANCH DRESSING
WHOLE GRAIN ROLL W/
MARGARINE
AMBROSIA



Administered by
YWCA San Gabriel Valley - Intervale Senior Services
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twitter.com/YWCA_SGV

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 ST. PATRICK'S DAY
Tuesday, March 17th!

