

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

La Verne
RESERVATIONS:
909-596-8778

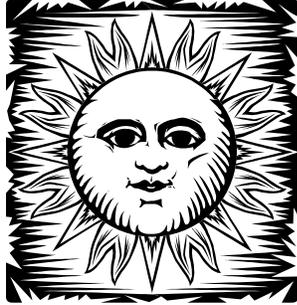
MAY 2015

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	
<p>Administered by <u>YWCA San Gabriel Valley - Intervale Senior Services</u> and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.</p> <p><i>YWCA San Gabriel Valley Intervale Senior Services</i> 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447</p> <p>email: intervale@ywcasgv.org facebook.com/ywcasgv twitter.com/YWCA_SGV</p>					<p>1 SWEET CORN SOUP TURKEY ORIENTAL BROWN & WHITE RICE GREEN PEAS W/ MUSHROOMS CARROT-RAISIN SALAD ORANGE SECTIONS</p>
<p>4 SPLIT PEA SOUP TERIYAKI CHICKEN W/ SAUCE FRESH SWEET POTATOES GREEN BEANS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA FRUIT SALAD (½ C FRUIT)</p>	<p>5 CINCO DE MAYO ALBONDIGAS SOUP W/ 2 MEATBALLS PORK CARNITAS PICO DE GALLO SPANISH RICE BROWN/WHITE PINTO BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE ORANGE SECTIONS</p>	<p>6 NAVY BEAN SOUP HAMBURGER W/ LETTUCE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO ROASTED POTATOES GREEN PEAS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN PINEAPPLE CHUNKS</p>	<p>7 CITY SPONSORED POTATO & ONION SOUP CHICKEN CACCIATORE PENNE PASTA SPINACH SALAD W/ MUSHROOMS RANCH DRESSING CITRUS FRUIT SALAD PEACH BETTY (1/2 C FRUIT) W/ OATMEAL CRUMB TOPPING</p>	<p>8 MOTHERS DAY MENU CREAMY SQUASH SOUP BURGUNDY BEEF W/ SAUCE MASHED POTATOES BROCCOLI & CARROTS APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE BUTTERSCOTCH PUDDING</p>	
<p>11 CHICKEN RICE VEGETABLE SOUP BARBECUE PORK SLICES W/ LS SAUCE BAKED BEANS CORN NIBBLETS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH SLICED CANTALOUPE</p>	<p>12 HAWAIIAN CHICKEN PARSLEY POTATOES BROCCOLI & CARROTS LETTUCE & TOMATO SALAD FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>13 SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. LETTUCE, TOMATO & ONION SLICES POTATO SALAD MARINATED BEET SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE GINGERED PEARS</p>	<p>14 YOUR CHOICE BROCCOLI CHEESE SOUP SALMON W/ LEMON-PEPPER SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST TURKEY W/ LS GRAVY SCALLOPED POTATOES LIMA BEANS & CORN SPINACH SALAD W/ MUSHROOMS RANCH DRESSING WHEAT BREAD W/ MARG. CITRUS FRUIT CUP</p>	<p>15 SOUP & SANDWICH POTATO & ONION SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD THREE BEAN SALAD STRAWBERRY GELATIN W/ SHREDDED CARROTS & PINEAPPLE TWO SLICES WHOLE GRAIN BREAD W/ MARG. ORANGE SECTIONS</p>	
<p>18 CREAMY SQUASH SOUP HERB ROAST CHICKEN LEG & THIGH SCALLOPED POTATOES BROCCOLI W/ RED PEPPERS APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING</p>	<p>19 CHIPOTLE ROAST PORK W/ SALSA TEX-MEX RICE BROWN/WHITE GREEN PEAS & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING FLOUR TORTILLA W/ MARG. CITRUS FRUIT CUP</p>	<p>20 LENTIL SOUP SALISBURY STEAK W/ GRAVY MASHED POTATOES NORMANDY VEGETABLES TOSSED SALAD W/ RADISHES & CUCUMBERS 1000 ISLAND DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS</p>	<p>21 BEEF BARLEY VEGETABLE SOUP TURKEY ALA KING MASHED POTATOES GREEN BEANS & CARROTS MARINATED BEET & ONION SALAD BISCUIT W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>22 MEMORIAL DAY PICNIC BBQ PORK RIBBLET W/ MUSTARD, KETCHUP & RELISH & ONION SLICES PARSLEY POTATOES BAKED BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH APPLE</p>	

25

MEMORIAL DAY



CENTERS CLOSED

26

ALBONDIGAS SOUP W/ TWO
CHICKEN MEATBALLS
BEEF FAJITAS
PICO DE GALLO
SPANISH RICE BROWN/WHITE
PINTO BEANS
MARINATED TOMATO,
GREEN PEPPER & ONION
SALAD
FLOUR TORTILLA W/
MARGARINE
PEACH BETTY (1/2 C FRUIT)
W/ OATMEAL CRUMB
TOPPING

27 **SOUP & SALAD**

VEGETABLE SOUP
CHICKEN CHEFS SALAD,
CHEESE, CRUTONS, EGG
GARNISH, LETTUCE,
TOMATO CHUNKS &
SALAD VEGETABLES
1000 ISLAND DRESSING
POTATO SALAD
ORANGE SECTIONS (1/2 C)
WHOLE GRAIN BREAD
W/ MARGARINE
CHOCOLATE MUFFIN
(TRANS FAT FREE)

28 **BIRTHDAY
LUNCH**

NAVY BEAN SOUP
ROAST PORK LOIN
W/ GRAVY
BAKED WINTER SQUASH
GREEN BEANS & CORN
CREAMY COLESLAW
WHOLE GRAIN HAMBURGER
BUN W/ MARGARINE
CITRUS FRUIT CUP

***THANK YOU TO THE
BINGO PROGRAM FOR
SPONSORING THIS
CELEBRATION!**

29

CHICKEN CHOW MEIN
CHINESE NOODLES
GARLIC BABY BOK CHOY
PEAS & CARROTS
RED GELATIN W/ PEACHES
FRESH BANANA

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.

*Have a Very Happy & Safe Memorial
Weekend...*

