

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

La Verne
RESERVATIONS:
909-596-8778

JANUARY 2016

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 & the Inland Communities</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>YWCA San Gabriel Valley & the Inland Communities 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</p>				<p>1 HAPPY NEW YEAR!</p>  <p>CENTERS CLOSED</p>
<p>4 CITY SPONSORED CREAMY SQUASH SOUP** ITALIAN MEATBALLS & SPAGHETTI W/ LS ITALIAN SAUCE NORMANDY VEGETABLES TOSSED SALAD W/ RADISHES & CUCUMBER SLICES PINEAPPLE CHUNKS</p>	<p>5 ORANGE JUICE HAWAIIAN CHICKEN W/ LS SAUCE RICE PILAF (BROWN/WHITE) BROCCOLI W/ RED PEPPERS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING</p>	<p>6 CHIPOTLE ROAST PORK W/ LS SAUCE GREEN PEAS HOT HARVARD BEETS APPLE SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p>7 YOUR CHOICE ROAST TURKEY (LS) W/ LS SAUCE OR SALMON W/ MUSTARD-DILL SAUCE TARTAR SAUCE & LEMON SLICE PARSLEY POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>8 NAVY BEAN SOUP** BARBECUE PORK RIBBLET BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN SLICED CANTALOUPE</p>
<p>11 ORANGE JUICE ROSEMARY CHICKEN LEG & THIGH PARSLEY POTATOES MIXED VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING</p>	<p>12 BEEF FAJITAS(BEEF STRIPS) PICO DE GALLO SPANISH RICE BROWN/WHITE BAKED WINTER SQUASH MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA</p>	<p>13 SOUP & SUB VEGETABLE SOUP** SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ]) MAYO & MUSTARD PACKETS LETTUCE, TOMATO & ONION SLICES POTATO SALAD RED GELATIN W/ FRUIT COCKTAIL WHOLE GRAIN SANDWICH ROLL W/ MARGARINE SLICED HONEYDEW</p>	<p>14 MEATLOAF W/ LS ITALIAN SAUCE MASHED POTATOES GREEN BEANS TOSSED SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>15 LENTIL SOUP** TURKEY DIVAN W/ BROCCOLI FRESH SWEET POTATOES CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS</p>
<p>18 MARTIN LUTHER KING JR. DAY</p>  <p>CENTERS CLOSED</p>	<p>19 ROAST PORK W/ LS GRAVY MASHED POTATOES CARROTS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	<p>20 ORANGE JUICE MANDARIN BEEF & BROCCOLI FRESH SWEET POTATOES HOT BEETS W/ SWEET & SOUR SAUCE MARINATED CHINESE CABBAGE SALAD WHOLE GRAIN ROLL W/ MARGARINE RICE PUDDING W/ RAISINS</p>	<p>21 TERIYAKI CHICKEN LEG & THIGH W/ LS SAUCE BROWN & WHITE RICE CREAMED SPINACH CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>22 SOUP & SANDWICH SPLIT PEA SOUP** TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYONAISE MACARONI SALAD THREE BEAN SALAD TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE CITRUS SALAD</p>

25 ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	26 ALBONDIGAS SOUP** CHICKEN FAJITAS PICO DE GALLO TEX-MEX RICE BROWN/WHITE PIINTO BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP	27 YOUR CHOICE CREAMY SQUASH SOUP** FISH VERA CRUZ W/ SAUCE, TARTAR SAUCE & LEMON SLICE OR ROAST PORK LOIN W/ LS GRAVY BAKED WINTER SQUASH BROCCOLI & CORN LETTUCE & TOMATO SALAD W/ CUCUMBERS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	28 ORANGE JUICE SALISBURY STEAK W/ LS GRAVY MASHED POTATOES CARROT COINS MARINATED BEET & ONION SALAD FRENCH BREAD W/ MARGARINE CHOCOLATE BROWNIE	29 HOT & SOUR SOUP** CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD ORANGE SECTIONS
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**SUBJECT TO CHANGE WITHOUT NOTICE * * * SUGGESTED DONATION \$3.00 * * * 1% LOW FAT MILK INCLUDED
 HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS**

****Indicates Soup served this day**

Happy New Year!



SUGGESTED DONATION
Age 60 or more \$3.00
 Please bring exact change