

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

La Verne
RESERVATIONS:
909-596-8778

MARCH 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</u> & the Inland Communities and funded in part by the Los Angeles County Area Agency on Aging through the <i>Older Americans Act of 1965 as amended.</i></p>	<p>1 ROAST TURKEY W/ LS GRAVY FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE & ORANGE CHUNKS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>2 **CHICKEN ALBONDIGAS SOUP BEEF FAJITAS PICO DE GALLO TEX-MEX BROWN & WHITE RICE PINTO BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD</p>	<p>3 **SPLIT PEA SOUP HAWAIIAN CHICKEN W/ LS SAUCE PARSLEY POTATOES CREAMED SPINACH CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>4 FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD CORN TORTILLA W/ MARGARINE SLICED CANTALOUPE</p>
	<p>7 ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLE SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>8 **LENTIL SOUP CAJUN CHICKEN W/ LS CAJUN SAUCE SOUTHWESTERN RICE (BROWN & WHITE) BLACK EYED PEAS SPINACH SALAD W/ TOMATO CHUNKS CREAMY ITALIAN DRESSING CITRUS FRUIT SALAD</p>	<p>9 ITALIAN MEATBALLS W/ LS ITALIAN SAUCE SPAGHETTI W/ LS SAUCE BROCCOLI & CARROTS CAESAR SALAD W/ DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p>	<p>10 SOUP & SUB **VEGETABLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ]) MAYO & MUSTARD PACKETS LETTUCE, TOMATO & ONION SLICES MACARONI SALAD THREE BEAN SALAD WHOLE GRAIN SANDWICH ROLL W/ MARGARINE FRESH ORANGE SECTIONS</p>
<p>14 ORANGE JUICE SWEET & SOUR PORK BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ MUSHROOMS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE</p>	<p>15 **NAVY BEAN SOUP HAMBURGER W/ LETTUCE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO OVEN BROWNED POTATOES BAKED BEANS CARROT-RAISIN SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED HONEYDEW</p>	<p>16 **LENTIL SOUP ROAST TURKEY W/ LS GRAVY CORNBREAD STUFFING MIXED VEGETABLES MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>17 CITY SPONSORED ST. PATRICKS DAY ORANGE JUICE CORNEB BEEF PARSLEY POTATOES CABBAGE GREEN SALAD W/ TOMATO CHUNKS 1000 ISLAND DRESSING WHOLE GRAIN BREAD W/ MARGARINE LIME GELATIN W/ PINEAPPLE CHUNKS</p>	<p>18 SOUP & SANDWICH **BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYONAISE MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE CITRUS FRUIT CUP</p>
<p>21 **CREAMY TOMATO SOUP OVEN FRIED CHICKEN LEG & THIGH W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p>	<p>22 ROAST PORK W/ GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING</p>	<p>23 CHICKEN CACCIATORE BUTTERED EGG NOODLES CARROTS & LIMA BEANS LETTUCE & TOMATO SALAD RANCH DRESSING SLICED CANTALOUPE</p>	<p>24 **MINESTRONE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH BROCCOLI ZUCCHINI SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>25 HERBED TALIPIA W/ MUSTARD-DILL SAUCE & TARTAR SAUCE & LEMON SLICE MASHED POTATOES GREEN PEAS & CORN LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>

28
 **CREAMY SQUASH SOUP
 SWEDISH MEATBALLS
 W/ SOUR CREAM
 SPIRAL PASTA IN SAUCE
 NORMANDY VEGETABLES
 TOSSED SALAD W/ SLICED
 RADISHES & CUCUMBERS
 ITALIAN DRESSING
 PINEAPPLE CHUNKS

29
 ORANGE JUICE
 HAWAIIAN CHICKEN LEG &
 THIGH
 RICE PILAF (BROWN/WHITE)
 BROCCOLI W/ RED PEPPERS
 CREAMY COLESLAW
 WHOLE GRAIN BREAD
 W/ MARGARINE
 PEACH COBBLER W/
 OATMEAL TOPPING

30
 **ALBONDIGAS SOUP
 CHIPOTLE ROAST PORK
 W/ LS SAUCE
 HOT & SPICY BEETS W/
 MINCED ONIONS
 GREEN PEAS
 APPLE SALAD
 FLOUR TORTILLA
 W/ MARGARINE
 CITRUS FRUIT CUP

31 YOUR CHOICE
 SLICED TURKEY W/ LS
 GRAVY OR
 SALMON IN MUSTARD-DILL
 SAUCE, TARTAR SAUCE
 & LEMON SLICE
 PARSLEY POTATOES
 CORN NIBBLETS
 CARROT-BROCCOLI SLAW
 WHOLE GRAIN BREAD
 W/ MARGARINE
 GINGERED PEARS

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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**



THURSDAY, MARCH 17TH



SUNDAY, MARCH 27TH

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