

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

La Verne

RESERVATIONS:
909-596-8778

SEPTEMBER 2016

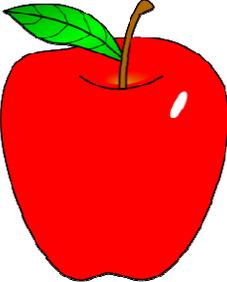
Please arrive by 11:15 AM for beverage service.

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. PLEASE UNDERSTAND 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><i>YWCA San Gabriel Valley & the Inland Communities</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</p>			<p>1 MINISTRONE SOUP & CRACKERS SANTA FE CHICKEN SALAD W/ EGG GARNISH, CHEESE & SALSA LS BLACK BEANS & WHOLE KERNAL CORN CARROT-RAISIN SALAD LETTUCE W/ TOMATO, GREEN ONIONS, GREEN PEPPERS & CILANTRO RANCH DRESSING FLOUR TORTILLA W/ MARGARINE CANTALOUPE</p>	<p>2 LABOR DAY PICNIC NAVY BEAN SOUP & CRACKERS HAMBURGER W/ LETTUCE, TOMATO, & ONION SLICES KETCHUP, MUSTARD, MAYO ROASTED POTATOES LS BAKED BEANS CREAMY COLESLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE WATERMELON SLICE</p>
<p>5 LABOR DAY</p>  <p>CENTERS CLOSED</p>	<p>6 BEEF FAJITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH MARINATED TOMATO, GREEN PEPPER & ONION SALAD GREEN BEANS FLOUR TORTILLA W/ MARGARINE FRESH BANANA</p>	<p>7 VEGETABLE SOUP & CRACKERS CHICKEN CHOW MEIN W/ CHINESE NOODLES BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD CANTALOUPE</p>	<p>8 SWISS STEAK W/ LS BROWN GRAVY MASHED POTATOES GREEN PEAS TOSSED SALAD W/ RADISHES & RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>9 LENTIL SOUP & CRACKERS SLICED LS TURKEY W/ LS GRAVY FRESH SWEET POTATOES BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS</p>
<p>12 SLICED ROAST PORK W/ LS GRAVY MASHED POTATOES CARROTS LS THREE BEAN SALAD WHOLE GRAIN BREAD (2 SL) W/ MARGARINE PINEAPPLE CHUNKS</p>	<p>13 YOUR CHOICE ROAST TURKEY W/ LS GRAVY OR SALMON IN LS PESTO SAUCE W/ LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>14 ALBONDIGAS SOUP & CRACKERS STEAK PICADO W/ LS SAUCE TEX-MEX BROWN & WHITE RICE LS BLACK BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD</p>	<p>15 SOUP & SUB VEGETABLE SOUP & CRACKERS SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PACKETS LETTUCE & TOMATO SLICES POTATO SALAD CARROT-BROCCOLI SLAW SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING HOAGIE ROLL W/ MARGARINE FRESH BANANA</p>	<p>16 PORK CARNITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH REFRIED BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE HONEYDEW</p>
<p>19 SLICED ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>20 CITY SPONSORED ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS TEX-MEX BROWN & WHITE RICE LS PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE FRUIT CUP</p>	<p>21 YOUR CHOICE CREAMY SQUASH SOUP & CRACKERS FISH VERA CRUZ IN LS SAUCE W/ LEMON SLICE & TARTAR SAUCE OR SLICED PORK LOIN ROAST IN LS GRAVY FRESH SWEET POTATOES MUSHROOM SALAD RANCH DRESSING BREAD W/ MARGARINE FRESH APPLE</p>	<p>22 ITALIAN MEATBALLS IN LS ITALIAN TOMATO SAUCE SPAGHETTI IN LS TOMATO SAUCE GREEN BEANS CAESAR SALAD W/ DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE</p>	<p>23 CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS PEACHES</p>

26
 ORANGE JUICE
 SWEET & SOUR PORK IN LS SAUCE
 BROWN & WHITE RICE
 GREEN BEANS TOPPED WITH RED PEPPERS
 TOSSED SALAD W/ MUSHROOMS
 FRENCH DRESSING
 CINNAMON APPLESAUCE

27 SOUP & SALAD
 LENTIL SOUP & CRACKERS
 TUNA SALAD W/ SHELL
 MACARONI SALAD
 TOMATO & ONION SLICES W/ BELL PEPPER STRIPS
 LETTUCE W/ RED CABBAGE, RADISHES & MUSHROOMS
 VINAIGRETTE DRESSING
 WHOLE GRAIN ROLL W/ MARGARINE
 CANTALOUPE

28
 VEGETABLE SOUP & CRACKERS
 ROAST TURKEY W/ LS GRAVY
 CORNBREAD STUFFING
 GREEN PEAS
 MARINATED TOMATO, ONION & GREEN PEPPER SALAD
 WHOLE GRAIN ROLL W/ MARGARINE
 FRESH ORANGE SECTIONS

29
 BARBEQUE CHICKEN LEG & THIGH IN LS SAUCE
 HARVARD BEETS
 FRESH SWEET POTATOES
 CARROT-BROCCOLI SLAW
 WHOLE GRAIN BREAD W/ MARGARINE
 GINGERED PEARS

30
 CREAMY SQUASH SOUP & CRACKERS
 ITALIAN MEATLOAF W/ LS BROWN GRAVY
 MASHED POTATOES
 CORN & LIMA BEANS
 SPINACH SALAD W/ MUSHROOMS
 CREAMY ITALIAN DRESSING
 FRENCH BREAD W/ MARGARINE
 FRESH APPLE

***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***

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

