

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

La Verne
RESERVATIONS:
909-596-8778

OCTOBER 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
3 OVEN FRIED CHICKEN IN LS GRAVY ROASTED POTATOES GREEN PEAS CARROT- BROCCOLI SLAW CORNBREAD W/ MARGARINE CITRUS FRUIT CUP	4 SLICED ROAST PORK IN LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	5 CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD FRENCH DRESSING CANTALOUPE	6 MINSTRONE SOUP & CRACKERS STUFFED BELL PEPPER W/ LS SAUCE RICE PILAF (BROWN & WHITE) BROCCOLI STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	7 BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & ONION MACARONI SALAD MARINATED BEET & ONION SALAD CREAMY COLESLAW WHOLE GRAIN BREAD (2 SL) W/ MARGARINE PINEAPPLE CHUNKS
10 CREAMY SQUASH SOUP & CRACKERS SWEDISH MEATBALLS W/ LS SOUR CREAM SPIRAL PASTA NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISHES & CUCUMBER ITALIAN DRESSING FRESH BANANA	11 ORANGE JUICE HAWAIIAN CHICKEN LEG & THIGH W/ LS SAUCE RICE PILAF (BROWN & WHITE) LS BLACK BEANS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING	12 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ IN LS SAUCE W/ TARTAR SAUCE & LEMON SLICE GREEN PEAS FRESH SWEET POTATOES APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	13 OKTOBERFEST KNOCKWURST W/ MUSTARD MASHED POTATOES (VIT C.) SAUERKRAUT SPINACH SALAD W/ MUSHROOMS OIL & VINEGAR DRESSING WHOLE WHEAT HOT DOG BUN W/ MARGARINE CUSTARD	14 NAVY BEAN SOUP & CRACKERS BARBECUE PORK RIBBLET SANDWICH IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE HONEYDEW
17 ORANGE JUICE ROSEMARY CHICKEN LEG & THIGH IN LS SAUCE PARSLEY POTATOES MIXED VEGETABLES COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING	18 STEAK PICADA IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA	19 HOT & SOUR SOUP & CRACKERS CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD WHOLE GRAIN BREAD W/ MARGARINE CANTALOUPE	20 MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES (VIT C) GREEN PEAS TOSSED SALAD W/ RADISH & RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS	21 LENTIL SOUP & CRACKERS SLICED LS TURKEY W/ LS GRAVY FRESH SWEET POTATOES BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS
24 SLICED ROAST PORK W/ LS GRAVY MASHED POTATOES (VIT C) CARROTS THREE BEAN SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	25 YOUR CHOICE SLICED 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	26 ALBONDIGAS SOUP & CRACKERS BEEF FAJITAS IN LS SAUCE TEX-MEX BROWN & WHITE RICE LS BLACK BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD	27 VEGETABLE SOUP & CRACKERS TERIYAKI CHICKEN IN LS SAUCE CREAMED SPINACH CORN NIBBLET CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	28 PORK CARNITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH REFRIED BEANS MARINATED TOMATO, ONION, & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE CANTALOUPE

31 CITY SPONSORED

ORANGE JUICE
CRISPY OVEN BAKED
CHICKEN LEG & THIGH
OVEN BROWNED POTATOES
PEAS
CARROT- RAISIN SALAD
WHOLE GRAIN BREAD W/
MARGARINE
PUMPKIN CUSTARD



Administered by
YWCA San Gabriel Valley & the Inland
Communities

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Area Agency on Aging through the
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*YWCA San Gabriel Valley & the Inland
Communities*

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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**



SUGGESTED DONATION

Age 60 or more \$3.00

Please bring exact change