

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

La Verne
RESERVATIONS:
909-596-8778

JANUARY 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>CENTERS CLOSED</p>	<p>3 CITY SPONSORED</p> <p>ORANGE JUICE HAWAIIAN CHICKEN RICE PILAF (WHITE & BROWN RICE) LS BLACK BEANS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING (1/2 CUP FRUIT)</p>	<p>4</p> <p>CHIPOTLE ROAST PORK W/ LS SAUCE GREEN PEAS FRESH SWEET POTATOES APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>5 YOUR CHOICE</p> <p>SLICED TURKEY W/ LS GRAVY OR SALMON IN LS PESTO SAUCE W/ TARTAR SAUCE & LEMON SLICE</p> <p>PARSLEY POTATOES CORN NIBBLETS CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>6</p> <p>NAVY BEAN SOUP & CRACKERS BARBEQUE 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 CANTALOUPE</p>
<p>9</p> <p>ORANGE JUICE ROSEMARY CHICKEN IN LS SAUCE PARSLEY POTATOES MIXED VEGETABLES COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING (1/2 CUP FRUIT)</p>	<p>10</p> <p>BEEF FAJITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH GREEN BEANS CITRUS FRUIT CUP FLOUR TORTILLA W/ MARGARINE FRESH BANANA</p>	<p>11</p> <p>VEGETABLE SOUP & CRACKERS CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD CANTALOUPE</p>	<p>12</p> <p>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</p>	<p>13</p> <p>LENTIL SOUP & CRACKERS SLICED TURKEY W/ LS GRAVY FRESH SWEET POTATOES BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS</p>
<p>16</p> <p>MARTIN LUTHER KING JR. DAY</p>  <p>CENTERS CLOSED</p>	<p>17 YOUR CHOICE</p> <p>ROAST TURKEY W/ LS GRAVY OR SALMON IN LS LEMON-DILL SAUCE W/ TARTAR SAUCE & LEMON SLICE</p> <p>FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>18</p> <p>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>19</p> <p>VEGETABLE BEEF BARLEY SOUP & CRACKERS TERIYAKI CHICKEN LEG & THIGH IN LS SAUCE CREAMED SPINACH CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>20</p> <p>PORK CARNITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH LS REFRIED BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE HONEYDEW</p>
<p>23</p> <p>ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>24</p> <p>ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS TEX-MEX BROWN & WHITE RICE LS PINTO BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p>25</p> <p>CREAMY SQUASH SOUP & CRACKERS SLICED PORK LOIN ROAST IN LS GRAVY FRESH SWEET POTATOES CREAMED SPINACH LETTUCE W/ RADISH & MUSHROOMS SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>26</p> <p>ITALIAN MEATBALLS W/ LS TOMATO SAUCE SPAGHETTI IN LS TOMATO SAUCE GREEN BEANS CORN CAESAR SALAD W/ DRESSING & CROUTONS FRENCH BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>27</p> <p>CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS PEACHES</p>

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ORANGE JUICE
SWEET & SOUR PORK IN LS
SAUCE
BAKED WINTER SQUASH
GREEN BEANS W/ RED
PEPPERS
TOSSED SALAD W/
MUSHROOMS
FRENCH DRESSING
WHOLE GRAIN BREAD W/
MARGARINE
CINNAMON APPLSAUCE

31

LENTIL SOUP & CRACKERS
HAMBURGER PATTY W/
LETTUCE, TOMATO &
ONION
MAYO, MUSTARD, KETCHUP
PARSLEY POTATOES
CARROT COINS
MACARONI SALAD
WHOLE GRAIN BUN
CANTALOUPE

Administered by
YWCA San Gabriel Valley & the Inland Communities
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Area Agency on Aging through the
Older Americans Act of 1965 as amended.

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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