

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

La Verne
RESERVATIONS:
909-596-8778

FEBRUARY 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
		1 VEGETABLE SOUP & CRACKERS SLICED ROAST TURKEY IN LS GRAVY & CRANBERRY SAUCE GARNISH GREEN PEAS CORNBREAD STUFFING MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/ MARGARINE FRESH ORANGE SECTIONS	2 ROSEMARY CHICKEN LEG & THIGH IN LS SAUCE FRESH SWEET POTATOES HOT BEETS W/ ONIONS BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	3 CREAMY SQUASH SOUP & CRACKERS ITALIAN MEATLOAF IN LS BROWN GRAVY MASHED POTATOES (VIT C) CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE FRESH APPLE
6 OVEN FRIED CHICKEN W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	7 SLICED ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	8 CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING HONEYDEW	9 MINISTRONE SOUP & CRACKERS STUFFED BELL PEPPER IN LS SAUCE BROCCOLI BAKED WINTER SQUASH STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	10 BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & ONION SLICE MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW WHOLE GRAIN BREAD (2 SL) W/ MARGARINE PINEAPPLE CHUNKS
13 CREAMY SQUASH SOUP & CRACKERS SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISH & CUCUMBER ITALIAN DRESSING PEACH COBBLER W/ OATMEAL TOPPING (1/2 C FRUIT)	14 CITY SPONSORED ORANGE JUICE HAWAIIAN CHICKEN LEG & THIGH IN LS SAUCE RICE PILAF (BROWN & WHITE) HOT BEETS W/ PINEAPPLE CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	15 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ IN LS TOMATO SAUCE W/ TARTAR SAUCE & LEMON SLICE GREEN PEAS FRESH SWEET POTATOES APPLE SALAD FLOUR TORTILLA W/ MARGARINE GINGERED PEARS	16 SLICED LS TURKEY IN LS GRAVY PARSLEY POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	17 NAVY BEAN SOUP & CRACKERS BARBEQUE PORK RIBBLET SANDWICH IN LS SAUCE CREAMED SPINACH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE CANTALOUPE
20  CENTERS CLOSED	21 STEAK PICADA W/ PICO DE GALLO BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, GREEN PEPPER, & ONION SALAD FLOUR TORTILLA W/ MARGARINE SLICED PEARS	22 SOUP & SUB VEGETABLE SOUP & CRACKERS SUBMARINE SANDWICH W/ ROAST BEEF, TURKEY, & .5 OZ JACK CHEESE LETTUCE & TOMATO SLICE MACARONI SALAD CARROT- RAISIN SALAD WHOLE GRAIN HOAGIE ROLL CANTALOUPE	23 SWISS STEAK IN 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	24 LENTIL SOUP & CRACKERS SLICED LS TURKEY IN LS GRAVY FRESH SWEET POTATOES BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA

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ROAST PORK IN LS GRAVY
MASHED POTATOES (VIT C)
CARROTS
LS THREE BEAN SALAD
WHOLE GRAIN BREAD W/
MARGARINE
PINEAPPLE CHUNKS

28 YOUR CHOICE

SLICED ROAST TURKEY OR
SALMON IN LS PESTO
SAUCE W/ TARTAR SAUCE
& LEMON SLICE

CREAMED SPINACH
GREEN PEAS
GARDEN SALAD W/ RED
CABBAGE
FRENCH DRESSING
WHOLE GRAIN BREAD W/
MARGARINE
HONEYDEW

Administered by
YWCA San Gabriel Valley & the Inland Communities
And funded in part by the Los Angeles County
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