

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

La Verne  
**RESERVATIONS:**  
909-596-8778

# JANUARY 2015

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 - Intervale Senior Services</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 Intervale Senior Services</i> 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447</p> <p>email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a> <a href="https://www.facebook.com/ywcasgv">facebook.com/ywcasgv</a> <a href="https://twitter.com/YWCA_SGV">twitter.com/YWCA_SGV</a></p>			<p><b>1</b> HAPPY NEW YEAR!</p>  <p>CENTERS CLOSED</p>	<p><b>2</b></p> <p><b>CENTER CLOSED.... HAPPY NEW YEAR!</b></p>
<p><b>5 CITY SPONSORED</b></p> <p>LENTIL SOUP PORK CARNITAS W/ SALSA TEX-MEX BROWN &amp; WHITE RICE PINTO BEANS GARDEN SALAD W/ RED CABBAGE &amp; RADISHES FRENCH DRESSING FLOUR TORTILLA ORANGE SECTIONS</p>	<p><b>6</b></p> <p>VEGETABLE SOUP HAWAIIAN CHICKEN PARSLEY POTATOES BROCCOLI &amp; CARROTS LETTUCE W/ TOMATO SALAD RANCH DRESSING WHOLE GRAIN ROLL W/ MARGARINE FRESH BANANA</p>	<p><b>7 SOUP N' SUB</b></p> <p>SPLIT PEA SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY &amp; JACK CHEESE) MAYO &amp; MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO &amp; ONION SLICES POTATO SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE FRESH APPLE</p>	<p><b>8</b></p> <p>BROCCOLI &amp; CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES LIMA BEANS &amp; CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>9</b></p> <p>POTATO &amp; ONION SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO &amp; MAYO MACARONI SALAD THREE BEAN SALAD ORANGE GELATIN W/ SHREDDED CARROTS, MANDARIN ORANGES, &amp; PINEAPPLE TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE</p>
<p><b>12</b></p> <p>CREAMY SQUASH SOUP BBQ CHICKEN LEG &amp; THIGH W/ SAUCE SCALLOPED POTATOES BROCCOLI W/ RED PEPPERS APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING</p>	<p><b>13 YOUR CHOICE</b></p> <p>CREAMY TOMATO SOUP PORK LOIN W/ GRAVY, OR SALMON IN LEMON- PEPPER SAUCE</p> <p>RICE PILAF (BROWN &amp; WHITE) CREAMED SPINACH MARINATED TOMATO, BELL PEPPER &amp; ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS</p>	<p><b>14</b></p> <p>SPLIT PEA SOUP HAMBURGER PATTY W/ CHEESE, LETTUCE, PICKLE TOMATO &amp; ONION SLICES MUSTARD, KETCHUP, MAYO &amp; RELISH PACKETS CHEESY MACARONI GREEN BEANS &amp; CORN WHOLE GRAIN HAMBURGER BUN FRESH ORANGE SECTIONS</p>	<p><b>15</b></p> <p>ALBONDIGAS SOUP CHICKEN FAJITAS W/ ONIONS &amp; GREEN PEPPERS PICO DE GALLO TEX-MEX RICE (BROWN/WHITE) CARROTS &amp; BROCCOLI CREAMY COLESLAW FLOUR TORTILLA W/ MARGARINE FRESH BANANA</p>	<p><b>16</b></p> <p>MINISTRONE SOUP BEEF &amp; CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE SALAD W/ RADISHES &amp; MUSHROOMS ITALIAN DRESSING FRENCH BREAD W/ MARGARINE GINGERED PEARS</p>
<p><b>19</b></p> <p>MARTIN LUTHER KING JR. DAY</p>  <p>CENTERS CLOSED</p>	<p><b>20</b></p> <p>CREAMY SQUASH SOUP BEEF FAJITAS PICO DE GALLO SPANISH RICE BROWN/WHITE PINTO BEANS CARROT-BROCCOLI SLAW FLOUR TORTILLA W/ MARGARINE FRESH APPLE</p>	<p><b>21</b></p> <p>CHICKEN NOODLE SOUP BBQ CHICKEN</p> <p>POTATOES AU GRATIN MIXED VEGETABLES GARDEN SALAD W/ TOMATO CHUNKS ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>22 BIRTHDAY LUNCH</b></p> <p>NAVY BEAN SOUP BBQ PORK RIBBLET BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS CANTALOUPE WHOLE GRAIN HAMBURGER BUN VANILLA PUDDING</p>	<p><b>23</b></p> <p>SWEET CORN SOUP CHICKEN CHOW MEIN NOODLES IN ENTRÉE GARLIC BABY BOK CHOW SUNSET SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS</p>

<b>26</b> LENTIL SOUP MEATLOAF W/ BROWN GRAVY MASHED POTATOES CORN & BROCCOLI ROMAINE SALAD W/ MANDARIN ORANGES CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE GINGERED PEARS	<b>27</b> CREAMY TOMATO SOUP ROSEMARY CHICKEN LEG & THIGH BREAD DRESSING NORMANDY VEGETABLES MARINATED BEET & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS	<b>28</b> CHICKEN NOODLE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH GREEN PEAS & LIMA BEANS TOSSED SALAD W/ TOMATO CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE OR HONEYDEW	<b>29</b> ORANGE JUICE BBQ BEEF SLICES PARSLEY POTATOES CORN NIBBLETS CARROT- BROCCOLI SLAW FRENCH ROLL W/ MARGARINE OATMEAL RAISIN COOKIES	<b>30</b> BEEF BARLEY VEGETABLE SOUP TURKEY DIVAN MASHED POTATOES BROCCOLI MARINATED TOMATO, YELLOW PEPPER & ONION SALAD WHOLE GRAIN ROLL W/ MARGARINE BANANA
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***SUBJECT TO CHANGE WITHOUT NOTICE \*\*\* SUGGESTED DONATION \$2.00 \*\*\* 1% LOW FAT MILK INCLUDED  
HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS***

**FOR YOUR SAFETY:**  
The Los Angeles County on Aging prohibits any removal of food or beverages from the lunch site. Consuming food or beverages that have not been kept at proper heating and cooling temperatures can be harmful to your health.

***HAPPY NEW YEAR!***

