

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

La Verne
RESERVATIONS:
909-596-8778

APRIL 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: intervale@ywcasgv.org facebook.com/ywcasgv twitter.com/YWCA_SGV</p>		<p>1 CREAMY TOMATO SOUP SWEET & SOUR PORK W/ PINEAPPLE & SAUCE RICE PILAF (BROWN/WHITE) GREEN BEANS W/ RED PEPPERS GINGERED PEARS CHINESE CABBAGE SLAW (3/4 CUP) ASIAN DRESSING FORTUNE COOKIES (2 EACH)</p>	<p>2 BROCCOLI & CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES MIXED VEGETABLES MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>3 ORANGE JUICE SALMON W/ LEMON-PEPPER SAUCE, LEMON SLICE & TARTAR SAUCE SCALLOPED POTATOES BABY CARROTS SPINACH SALAD W/ MUSHROOMS RANCH DRESSING WHEAT BREAD W/ MARGARINE FRESH BANANA</p>
<p>6 CITY SPONSORED POTATO & ONION SOUP HERBED CHICKEN BAKED WINTER SQUASH BROCCOLI & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING</p>	<p>7 YOUR CHOICE CHIPOTLE ROAST PORK W/ SALSA OR FISH VERA CRUZ W/ SAUCE, SALSA, LEMON SLICE & TARTAR SAUCE TEX-MEX RICE BROWN/WHITE GREEN PEAS & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p>8 SPLIT PEA SOUP HAMBURGER W/ LETTUCE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO GREEN BEANS & CORN MACARONI SALAD CARROT-RAISIN SALAD WHOLE GRAIN HAMBURGER BUN FRESH ORANGE SECTIONS</p>	<p>9 HOT & SOUR SOUP PORK LO MEIN W/ SOFT NOODLES CHINESE VEGS (BROCCOLI, CAULIFLOWER, CARROTS, PEAS) TOMATO, GREEN PEPPER & ONION SALAD PINEAPPLE CHUNKS</p>	<p>10 MINISTRONE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>
<p>13 NAVY BEAN SOUP OPEN FACE HOT SLICED TURKEY SANDWICH FRESH SWEET POTATOES GREEN PEAS BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE</p>	<p>14 ALBONDIGAS SOUP W/ 2 MEATBALLS BEEF FAJITAS PICO DE GALLO SPANISH RICE BROWN/WHITE PINTO BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE PEACH BETTY (1/2 C FRUIT) W/ OATMEAL CRUMB TOPPING</p>	<p>15 LENTIL SOUP OVEN FRIED CHICKEN LEG & THIGH W/ GRAVY POTATOES AU GRATIN MIXED VEGETABLES GARDEN SALAD W/ TOMATO CHUNKS ITALIAN DRESSING CITRUS FRUIT CUP</p>	<p>16 NO LUNCH PROGRAM THIS DAY!! (VOLUNTEER RECOGNITION LUNCHEON)</p>	<p>17 SWEET CORN SOUP CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD FRESH BANANA</p>
<p>20 LENTIL SOUP ITALIAN MEATLOAF W/ ITALIAN TOMATO SAUCE MASHED POTATOES CORN NIBBLETS ROMAINE SALAD W/ MANDARIN ORANGES CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE PINEAPPLE CHUNKS</p>	<p>21 SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. LETTUCE, TOMATO & ONION SLICES POTATO SALAD THREE BEAN SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE GINGERED PEARS</p>	<p>22 STUFFED BELL PEPPER BAKED WINTER SQUASH GREEN PEAS & LIMA BEANS TOSSED SALAD W/ TOMATO CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>23 BIRTHDAY LUNCH CREAMY TOMATO SOUP ROSEMARY CHICKEN W/ GRAVY BREAD DRESSING CREAMED SPINACH MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>24 WESTERN DAY ORANGE JUICE ALL BEEF HOT DOG W/ MUSTARD, KETCHUP & RELISH POTATO SALAD BAKED BEANS CARROT-PINEAPPLE SALAD WHOLE GRAIN HOT DOG BUN FRESH APPLE</p>

27
CREAMY SQUASH SOUP
PORK LOIN ROAST
W/ GRAVY
PARSLEY POTATOES
GREEN BEANS & CORN
CARROT-BROCCOLI SLAW
WHOLE GRAIN BREAD W/
MARGARINE
GINGERED PEARS

28
BROCCOLI CHEESE SOUP
TUNA SALAD SANDWICH
W/ LETTUCE, TOMATO
& MAYO
CARROT COINS
GARDEN SALAD W/ GREEN
PEPPERS & RADISHES
FRENCH DRESSING
TWO SLICES WHOLE GRAIN
BREAD W/ MARGARINE
SLICED HONEYDEW

29
POTATO & ONION SOUP
TERIYAKI CHICKEN
RICE PILAF (BROWN & WHITE)
NORMANDY VEGETABLES
CAESAR SALAD W/
CRUTONS & DRESSING
CREAMY COLESLAW
PEACH COBBLER (½C FRUIT)
W/ OATMEAL CRUMB
TOPPING

30
SWEDISH MEATBALLS
W/ SOUR CREAM
SPIRAL PASTA
BROCCOLI & CORN
CINNAMON APPLESAUCE
TWO PEANUT BUTTER
COOKIES



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.



*Have a Very Happy Easter on
Sunday, April 5th!*