

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

La Verne
RESERVATIONS:
909-596-8778

JUNE 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
1 LENTIL SOUP MEATLOAF W/ BROWN GRAVY MASHED POTATOES CORN NIBBLETS ROMAINE SALAD W/ ¼ C MANDARIN ORANGES RANCH DRESSING FRENCH BREAD W/ MARGARINE PINEAPPLE CHUNKS	2 CREAMY TOMATO SOUP ROSEMARY CHICKEN LEG & THIGH BREAD DRESSING CREAMED SPINACH MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	3 CHICKEN NOODLE SOUP STUFFED BELL PEPPER W/ SAUCE BAKED WINTER SQUASH GREEN PEAS & LIMA BEANS TOSSED SALAD W/ TOMATO CHUNKS ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	4 CREAMY SQUASH SOUP FISH VERA CRUZ W/ SAUCE SALSA, LEMON SLICE & TARTAR SAUCE TEX-MEX RICE BROWN/WHITE GREEN BEANS & CORN CARROT-BROCCOLI SLAW FLOUR TORTILLA W/ MARGARINE FRESH APPLE	5 BEEF BARLEY VEGETABLE SOUP TURKEY DIVAN W/ BROCCOLI PARSLIED NOODLES MARINATED TOMATO, YELLOW PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
8 NAVY BEAN SOUP ROAST PORK LOIN W/ GRAVY PARSLEY POTATOES GREEN BEANS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	9 BROCCOLI CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES CARROT COINS GARDEN SALAD W/ GREEN PEPPERS & RADISHES FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	10 SOUP & SALAD ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ KIDNEY BEANS & SALSA TEX-MEX LIME-CILANTRO BROWN & WHITE RICE REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM, UNSALTED TORTILLA CHIPS CITRUS FRUIT CUP	11 ORANGE JUICE TERIYAKI CHICKEN LEG & THIGH W/ SAUCE FRESH SWEET POTATOES CREAMED SPINACH CREAMY COLESLAW PEACH BETTY W/ OATMEAL CRUMB TOPPING	12 SOUP & SANDWICH VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD THREE BEAN SALAD STRAWBERRY GELATIN W/ SHREDDED CARROTS & PINEAPPLE TWO SLICES WHOLE GRAIN BREAD W/ MARG. ORANGE SECTIONS
15 SPLIT PEA SOUP OVEN FRIED CHICKEN LEG & THIGH W/ GRAVY FRESH SWEET POTATOES PICKLED BEETS & ONIONS GARDEN SALAD W/ RED CABBAGE & CARROTS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW	16 YOUR CHOICE BEEF BARLEY VEGETABLE SOUP SALMON W/ LEMON-PEPPER SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST TURKEY W/ LS GRAVY SCALLOPED POTATOES NORMANDY VEGETABLES TOSSED SALAD W/ RADISHES & MUSHROOMS 1000 ISLAND DRESSING FRESH APPLE	17 SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. LETTUCE, TOMATO & ONION SLICES POTATO SALAD RED GELATIN W/ PEARS CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE FRESH BANANA	18 CITY SPONSORED LENTIL SOUP PORK LO MEIN W/ SOFT NOODLES BROWN & WHITE RICE ORIENTAL VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD CITRUS FRUIT CUP	19 FATHERS DAY MENU ORANGE JUICE YANKEE POT ROAST W/ GRAVY MASHED POTATOES MIXED VEGETABLES APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE BROWNIE
22 LENTIL SOUP PORK CARNITAS W/ SALSA TEX-MEX BROWN & WHITE RICE BAKED WINTER SQUASH GREEN PEAS GARDEN SALAD W/ RED CABBAGE & RADISHES FRENCH DRESSING FLOUR TORTILLA W/ MARGARINE ORANGE SECTIONS	23 CHIPOTLE ROAST CHICKEN W/ SALSA PARSLEY POTATOES BROCCOLI & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING FLOUR TORTILLA W/ MARG. AMBROSIA	24 SPLIT PEA SOUP SWEET & SOUR PORK W/ PINEAPPLE RICE PILAF (BROWN/WHITE) GREEN BEANS W/ RED PEPPERS CHINESE CABBAGE SLAW GINGERED PEARS TWO FORTUNE COOKIES	25 BIRTHDAY LUNCH BROCCOLI CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES LIMA BEANS & CORN SPINACH SALAD W/ MUSHROOMS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP *THANK YOU TO THE BINGO PROGRAM FOR SPONSORING THIS CELEBRATION!	26 SUMMER PICNIC NAVY BEAN SOUP HAMBURGER W/ LETTUCE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO ROASTED POTATOES GREEN PEAS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN PINEAPPLE CHUNKS

29 SOUP & SALAD

VEGETABLE SOUP
 CHICKEN CHEFS SALAD,
 CHEESE, CRUTONS, EGG
 GARNISH, LETTUCE,
 TOMATO CHUNKS &
 SALAD VEGETABLES
 1000 ISLAND DRESSING
 POTATO SALAD
 CARROT-RAISIN SALAD
 ORANGE SECTIONS (1/2 C)
 WHOLE GRAIN BREAD
 W/ MARGARINE
 BRAN MUFFIN
 (TRANS FAT FREE)

30

CHICKEN ALBONDIGAS
 SOUP
 STEAK PICADO W/ SAUCE
 PICO DE GALLO
 SPANISH RICE BROWN/WHITE
 BAKED WINTER SQUASH
 MEXICALI COLESLAW
 FLOUR TORTILLA W/
 MARGARINE
 FRESH BANANA

Administered by
YWCA San Gabriel Valley - Intervale Senior Services
 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 \$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 Happy Father's Day
 Sunday, June 21st!*

