

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

La Verne
RESERVATIONS:
909-596-8778

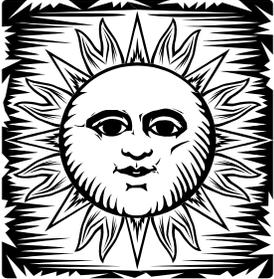
SEPTEMBER 2015

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 ORANGE JUICE HAWIIAN CHICKEN SCALLOPED POTATOES BROCCOLI W/ RED PEPPERS SUNSET DALAD WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING	2 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ W/ SAUCE LEMON SLICE & TARTAR SAUCE SPANISH RICE WHITE/ BROWN GREEN PEAS & CARROTS MARINATED BEET & ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT SALAD	3 SOUP & SALAD VEGETABLE SOUP CHICKEN CHEFS SALAD, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS & SALAD VEGETABLES 1000 ISLAND DRESSING POTATO SALAD CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS (1/2 C)	4 LABOR DAY PICNIC NAVY BEAN SOUP HAMBURGER W/ LETTUCE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO POTATO SALAD BAKED BEANS CREAMY COLESLAW WHOLE GRAIN HAMBURGER BUN WATERMELON SLICE
7 LABOR DAY  Centers Closed	8 CHICKEN ALBONDIGAS SOUP CHIPOTLE BEEF POT ROAST PICO DE GALLO BROWN & WHITE TEX-MEX RICE PINTO BEANS TOSSED SALAD W/ TOMATO CHUNKS & CUCUMBERS 1000 ISLAND DRESSING FLOUR TORTILLA W/ MARGARINE SLICED CANTALOUPE	9 CITY SPONSORED VEGETABLE SOUP TUNA SALAD W/ SHELL MACARONI, TOMATO & ONION SLICES W/ BELL PEPPER STRIPS, LETTUCE W/ CUCUMBERS & RADISHES CHEESE, CRUTONS, EGG GARNISH, VINAIGRETTE DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS (1/2 C)	10 MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES BROCCOLI & CARROTS TOSSED SALAD W/ RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	11 PATRIOT DAY BARBECUE PORK RIBBLET W/ LS SAUCE BAKED WINTER SQUASH GREEN BEANS & CORN MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
14 ROAST PORK W/ LS GRAVY MASHED POTATOES BROCCOLI & CARROTS MARNIATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES	15 SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ] MAYO & MUSTARD PKTS. LETTUCE, TOMATO & ONION SLICES POTATO SALAD RED GELATIN W/ PEARS CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE FRESH BANANA	16 MEXICAN INDEPENDENCE DAY CHICKEN ALBONDIGAS SOUP BEEF FAJITAS (BEEF STRIPS-3 OZ, GREEN PEPPERS, ONIONS, SAUCE) PICO DE GALLO SPANISH RICE(BROWN/WHITE) PINTO BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARG. CUSTARD	17 SALMON W/ MUSTARD DILL SAUCE FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE & TOMATO CHUNKS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	18 ORANGE JUICE CRISPY HERB BAKED CHICKEN LEG & THIGH BROWN RICE W/ RED PEPPERS & GREEN ONIONS LIMA BEANS STRAWBERRY GELATIN W/ MANDARIN ORANGES, CELERY, & PINEAPPLE CHUNKS GINGERED PEARS
21 ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS	22 SOUP & SALAD CREAMY CORN SOUP CHICKEN STRIPS W/ ASIAN DRESSING CHINESE CRISPY NOODLES ROMAINE LETTUCE W/ MUSHROOMS, RADISHES, BELL PEPPER STRIPS, SHREDDED CARROTS THREE BEAN SALAD MARINATED TOMATO, ONION & GREEN PEPPER SALAD PINEAPPLE CHUNKS	23 SOUP & SANDWICH BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD STRAWBERRY GELATIN W/ SHREDDED CARROTS & PINEAPPLE TWO SLICES WHOLE GRAIN BREAD W/ MARG. CITRUS FRUIT CUP	24 BIRTHDAY LUNCH CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES GREEN BEANS & CORN LETTUCE & TOMATO SALAD RANCH DRESSING FLOUR TORTILLA W/ MARGARINE FRESH BANANA	25 CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD FRESH APPLE

28
 ORANGE JUICE
 ROAST TURKEY
 W/ LS GRAVY
 BAKED WINTER SQUASH
 GREEN BEANS W/ RED
 PEPPERS
 TOSSED SALAD W/
 MUSHROOMS
 FRENCH DRESSING
 WHOLE GRAIN BREAD
 W/ MARGARINE
 BUTTERSCOTCH PUDDING

29
 NAVY BEAN SOUP
 HAMBURGER W/ LETTUCE,
 TOMATO & ONION SLICES
 KETCHUP, MUSTARD, MAYO
 ROASTED POTATOES
 GREEN PEAS & CORN
 CARROT-RAISIN SALAD
 WHOLE GRAIN HAMBURGER
 BUN
 FRESH SLICED
 CANTALOUPE

30 SOUP & SALAD
 ALBONDIGAS SOUP
 TOSTADA CARNITAS SALAD
 (SHREDDED PORK)
 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
 FRESH ORANGE SECTIONS

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.

YWCA San Gabriel Valley Intervale Senior Services
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[facebook.com/ywcasgv](https://www.facebook.com/ywcasgv)

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

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.



**PLEASE NOTE THERE HAS BEEN A PRICE
 INCREASE:
 SUGGESTED DONATION**
 Age 60 or more \$3.00
 Under 60 *Pay \$5.00
 Please bring exact change