

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

La Verne
RESERVATIONS:
909-596-8778

OCTOBER 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</p>			<p>1 ROSEMARY CHICKEN W/ LS SAUCE NORMANDY VEGETABLES HOT HARVARD BEETS WHOLE GRAIN BREAD W/ MARGARINE TOSSED SALAD W/ RADISHES & CUCUMBERS RANCH DRESSING GINGERED PEARS</p>	<p>2 ITALIAN MEATLOAF W/ LS ITALIAN SAUCE MASHED POTATOES CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE CITRUS FRUIT CUP</p>
<p>5 OVEN FRIED CHICKEN LEG & THIGH W/ LS GRAVY PARSLEY POTATOES GREEN PEAS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>6 YOUR CHOICE SLICED ROAST PORK W/ LS GRAVY OR SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE</p> <hr/> <p>FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING</p>	<p>7 CHICKEN CACCIATORE BUTTERED EGG NOODLES MIXED VEGETABLES LETTUCE & TOMATO SALAD RANCH DRESSING FRESH SLICED CANTALOUPE</p>	<p>8 MINISTRONE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH BROCCOLI MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>9 SOUP & SANDWICH BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>
<p>12 COLUMBUS DAY CREAMY SQUASH SOUP ITALIAN MEATBALLS W/ SPAGHETTI IN LS SAUCE NORMANDY VEGETABLES TOSSED SALAD W/ RADISHES & CUCUMBER RANCH DRESSING PINEAPPLE CHUNKS</p>	<p>13 SOUP N' SUB SPLIT PEA 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</p>	<p>14 YOUR CHOICE SLICED CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ W/ SAUCE LEMON SLICE & TARTAR SAUCE</p> <hr/> <p>SPANISH RICE WHITE/ BROWN GREEN PEAS & CARROTS MARINATED BEET & ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT SALAD</p>	<p>15 ORANGE JUICE HAWAIIAN CHICKEN SCALLOPED POTATOES BROCCOLI & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING</p>	<p>16 NABY BEAN SOUP BARBECUE PORK RIBBLET SANDWICH W/ LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN FRESH SLICED HONEYDEW</p>
<p>19 ORANGE JUICE HERB BAKED CHICKEN LEG & THIGH W/ LS SAUCE PARSLEY POTATOES MIXED VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING</p>	<p>20 BEEF FAJITAS BAKED WINTER SQUASH GREEN BEANS & CORN MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE GINGERED PEARS</p>	<p>21 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 SUNSET SALAD FRESH SLICED CANTALOUPE</p>	<p>22 BIRTHDAY LUNCH ORANGE JUICE KNOCKWURST W/ MUSTARD KETCHUP & RELISH MASHED POTATOES SAUERKRAUT SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN HOTDOG BUN W/ MARGARINE PINEAPPLE CHUNKS</p>	<p>23 LENTIL SOUP TURKEY DIVAN W/ BROCCOLI FRESH SWEET POTATOES CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>

26
SLICED ROAST PORK
W/ LS GRAVY
MASHED POTATOES
BROCCOLI & CARROTS
MARINATED BEET & ONION
SALAD
WHOLE GRAIN BREAD
W/ MARGARINE
SLICED PEACHES

27
SLICED ROAST TURKEY
W/ LS GRAVY
FRESH SWEET POTATOES
GREEN PEAS
GRADEN SALAD W/ RED
CABBAGE & ORANGE
CHUNKS
FRENCH DRESSING
WHOLE GRAIN BREAD
W/ MARGARINE
FRESH APPLE

**28 CITY
SPONSORED**
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

29
SALISBURY STEAK
W/ LS GRAVY
MASHED POTATOES
GREEN BEANS & CARROTS
TOSSED SALAD W/
RADISHES & RED
CABBAGE
RANCH DRESSING
WHOLE GRAIN BREAD
W/ MARGARINE
FRESH SLICED HONEYDEW

30 HALLOWEEN MENU
LENTIL SOUP
CRISPY OVEN FRIED
CHICKEN LEG & THIGH
W/ GRAVY
RED ROASTED POTATOES
CORN & BROCCOLI
APPLE SALAD
WHOLE GRAIN BREAD
W/ MARGARINE
PUMPKIN PIE

***SUBJECT TO CHANGE WITHOUT NOTICE *** SUGGESTED DONATION \$3.00 *** 1% LOW FAT MILK INCLUDED
HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEM***

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