

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

La Verne
RESERVATIONS:
909-596-8778

NOVEMBER 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
2 SLICED ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS <small>WK1</small>	3 ALBONDIGAS SOUP CHICKEN FAJITAS PICO DE GALLO TEX-MEX RICE BROWN/WHITE PINTO BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE SLICED PEACHES	4 ITALIAN MEATBALLS & SPAGHETTI W/ LS SAUCE BROCCOLI & CARROTS CAESAR SALAD W/ DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	5 YOUR CHOICE CREAMY SQUASH SOUP SALMON IN LEMON-PEPPER SAUCE W/ LEMON SLICE & TARTAR SAUCE OR ROAST PORK LOIN W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	6 CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD FRESH BANANA
9 ORANGE JUICE SLICED ROAST TURKEY W/ LS GRAVY BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ TOMATO CHUNKS & MUSHROOMS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE	10 VETERAN'S DAY PICNIC NAVY BEAN SOUP HAMBURGER W/ LETTUCE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO PARSLEY POTATOES BAKED BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN FRESH BANANA	11 VETERAN'S DAY  CENTERS CLOSED	12 ROSEMARY CHICKEN LEG & THIGH W/ LS SAUCE RICE PILAF (BROWN/WHITE) MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	13 ITALIAN MEATLOAF W/ LS ITALIAN SAUCE MASHED POTATOES CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS
16 OVEN FRIED CHICKEN LEG & THIGH W/ LS GRAVY PARSLEY POTATOES GREEN PEAS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	17 YOUR CHOICE ORANGE JUICE SLICED CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ W/ SAUCE LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD FLOUR TORTILLA W/ MARGARINE LEMON PUDDING	18 SOUP N' SUB SPLIT PEA SOUP SUBMARINE SANDWICH ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ] MAYO & MUSTARD PKTS. LETTUCE, TOMATO & ONION SLICES POTATO SALAD CARROT-RAISIN SALAD RED GELATIN W/ PEARS WHOLE GRAIN SANDWICH ROLL W/ MARGARINE SLICED CANTALOUPE	19 BIRTHDAY LUNCH MINSTRONE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH BROCCOLI MARINATED BEET & ONION SALAD WHOLEGRAIN BREAD W/ MARGARINE FRESH BANANA	20 BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD THREE BEAN SALAD CARROT-BROCCOLI SLAW TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES
23 BARBECUE PORK RIBBLET BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED HONEYDEW	24 LENTIL SOUP SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA NORMANDY VEGETABLES MARINATED TOMATO, ONION & GREEN PEPPER SALAD PINEAPPLE CHUNKS	25 CITY SPONSORED CREAMY SQUASH SOUP SLICED ROAST TURKEY W/ GRAVY CRANBERRY SAUCE GARNISH CORNBREAD STUFFING GREEN BEANS & CARROTS CITRUS SALAD (1/2 C FRUIT) DINNER ROLL W/ MARGARINE PUMPKIN PIE OR FRUIT ALTERNATIVE	26 27 Thanksgiving - Centers Closed Everyone at the YWCA San Gabriel Valley & the Inland Communities wishes to extend a special "thank you" to our loyal and dedicated volunteers who support our program and the seniors we serve every day throughout the year. Thank you for all your hard work and dedication! Happy Thanksgiving to everyone!	

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ORANGE JUICE
SALISBURY STEAK
W/ LS GRAVY
MASHED POTATOES
PEAS & CARROTS
TOSSED SALAD W/
CUCUMBERS & RADISHES
RANCH DRESSING
FRESH APPLE



Administered by
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Area Agency on Aging through the
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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



**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