

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

La Verne
RESERVATIONS:
909-596-8778

DECEMBER 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 YWCA San Gabriel Valley & the Inland Communities and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.</p> | <p>1 YOUR CHOICE</p> <hr/> <p>ORANGE JUICE</p> <p>CHIPOTLE CHICKEN LEG & THIGH W/ LS SAUCE OR FISH VERA CRUZ W/ SAUCE</p> <hr/> <p>RICE PILAF (BROWN/WHITE) GREEN BEANS & CORN CREAMY COLESLAW FLOUR TORTILLA W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING</p> <p><small>WKS</small></p> | <p>2 SOUP N' SUB</p> <hr/> <p>CREAMY SQUASH SOUP SUBMARINE SANDWICH ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ] MAYO & MUSTARD PKTS. LETTUCE, TOMATO & ONION SLICES MACARONI SALAD THREE BEAN SALAD RED GELATIN W/ PEARS WHOLE GRAIN SANDWICH ROLL W/ MARGARINE SLICED CANTALOUPE</p> | <p>3</p> <p>MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES MIXED VEGETABLES TOSSED SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p> | <p>4</p> <p>LENTIL SOUP TURKEY DIVAN W/ BROCCOLI FRESH SWEET POTATOES CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p> |
| | <p>7</p> <p>ROAST PORK W/ LS GRAVY MASHED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p> | <p>8</p> <p>ROAST TURKEY W/ LS GRAVY FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE & ORANGE CHUNKS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p> | <p>9</p> <p>ALBONDIGAS SOUP BEEF FAJITAS W/ LS SAUCE SALSA BAKED WINTER SQUASH CORN NIBBLETS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD</p> | <p>10 ROTARY HOLIDAY LUNCHEON</p> <p>CORNISH GAME HEN W/ GLAZE, GRAVY & CRANBERRY SAUCE ROASTED GARLIC POTATOES SUGAR PEAS & CORN SPINACH SALAD W/ WALNUTS & CRANBERRIES WHOLE GRAIN ROLL BREAD PUDDING</p> |
| <p>14</p> <p>ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW (3/4 C) WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p> | <p>15</p> <p>ALBONDIGAS SOUP CHICKEN FAJITAS PICO DE GALLO SPANISH RICE BROWN/WHITE BLACK BEANS PICKLED BEETS & ONIONS FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p> | <p>16 YOUR CHOICE</p> <hr/> <p>LENTIL SOUP</p> <hr/> <p>SLICED ROAST PORK W/ LS SAUCE OR SALMON W/ LEMON PEPPER SAUCE, LEMON SLICE & TARTAR SAUCE</p> <hr/> <p>FRESH SWEET POTATOES GREEN BEANS & CORN LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p> | <p>17</p> <p>BOX LUNCH DAY!</p>  | <p>18</p> <p>BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYONAISE MACARONI SALAD THREE BEAN SALAD CARROT-BROCCOLI SLAW TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p> |
| <p>21</p> <p>ROSEMARY CHICKEN LEG & THIGH W/ LS SAUCE BROWN & WHITE RICE NORMANDY VEGETABLES MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p> | <p>22</p> <p>ORANGE JUICE SWEET & SOUR PORK MASHED SWEET POTATOES GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ MUSHROOMS & RADISHES FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE</p> | <p>23 CITY SPONSORED</p> <p>NAVY BEAN SOUP SLICED ROAST TURKEY W/ GRAVY CRANBERRY SAUCE GARNISH BAKED WINTER SQUASH CORN NIBBLETS CARROT-RAISIN SALAD SLICED CANTALOUPE</p> | <p>24</p>  <hr/> <p>CENTER CLOSED</p> <hr/> | <p>25 MERRY CHRISTMAS</p>  <p>CENTERS CLOSED</p> |

28
ORANGE JUICE
SALISBURY STEAK
W/ LS GRAVY
MASHED POTATOES
GREEN BEANS & CARROTS
TOSSED SALAD W/
CUCUMBERS & RADISHES
RANCH DRESSING
WHOLE GRAIN BREAD
W/ MARGARINE
FRESH APPLE

29
OVEN FRIED CHICKEN LEG
& THIGH W/ LS GRAVY
RICE PILAF
CORN NIBBLETS
CARROT-BROCCOLI SLAW
WHOLE GRAIN BREAD
W/ MARGARINE
CITRUS FRUIT CUP

30
MINISTRONE SOUP
STUFFED BELL PEPPER
FRESH SWEET POTATOES
GREEN PEAS
MARINATED TOMATO, ONION
& GREEN PEPPER SALAD
FRESH BANANA



**CENTER
CLOSED**

YWCA San Gabriel Valley
& the Inland Communities
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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