

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

La Verne

RESERVATIONS:
909-596-8778

FEBRUARY 2016

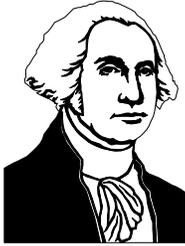
Please arrive by 11:15 AM for beverage service.

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 SWEET & SOUR PORK W/ LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ MUSHROOMS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE	2 NAVY BEAN SOUP** HAMBURGER W/ LETTUCE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO PARSLEY POTATOES BAKED BEANS CARROT-RAISIN SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED CANTALOUPE	3 LENTIL SOUP** ROAST TURKEY W/ LS GRAVY CORNBREAD STUFFING MIXED VEGETABLES MARINATED TOMATO, ONION & GREEN PEPPER SALAD FRESH ORANGE SECTIONS	4 ROSEMARY CHICKEN LEG & THIGH W/ LS SAUCE HOT RED BEETS NORMANDY VEGETABLES TOSSED SALAD W/ RADISHES & CUCUMBERS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	5 SPLIT PEA SOUP** ITALIAN MEATLOAF W/ LS ITALIAN SAUCE MASHED POTATOES CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE FRESH APPLE
8 OVEN FRIED CHICKEN LEG & THIGH W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	9 SOUP & SUB VEGETABLE SOUP** SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ]) MAYO & MUSTARD PACKETS LETTUCE, TOMATO & ONION SLICES MACARONI SALAD THREE BEAN SALAD WHOLE GRAIN SANDWICH ROLL W/ MARGARINE FRESH ORANGE SECTIONS	10 YOUR CHOICE CREAMY SQUASH SOUP** ROAST PORK LOIN W/ LS GRAVY OR SALMON W/ MUSTARD-DILL SAUCE, TARTAR SAUCE & LEMON SLICE FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	11 CITY SPONSORED MINESTRONE SOUP** STUFFED BELL PEPPER BAKED WINTER SQUASH BROCCOLI W/ RED PEPPERS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	12 ORANGE JUICE BEEF BURGUNDY W/ LS SAUCE BUTTERED EGG NOODLES CARROTS LIMA BEANS LETTUCE & TOMATO SALAD RANCH DRESSING SLICED HONEYDEW
15 PRESIDENTS' DAY  CENTERS CLOSED	16 ORANGE JUICE HAWAIIAN CHICKEN W/ LS SAUCE RICE PILAF BROWN/WHITE BROCCOLI & CARROTS CREAMY COLESLAW PEACH COBBLER W/ OATMEAL TOPPING	17 NAVY BEAN SOUP** BARBECUE PORK RIBBLET W/ LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED CANTALOUPE	18 CREAMY TOMATO SOUP** LS ROAST SLICED TURKEY W/ LS GRAVY PARSLEY POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	19 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE GREEN PEAS HOT HARVARD BEETS APPLE SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP
22 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	23 BEEF FAJITAS(BEEF STRIPS) PICO DE GALLO SPANISH RICE BROWN/WHITE BAKED WINTER SQUASH MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA	24 VEGETABLE SOUP** CHICKEN CHOW MEIN BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD SLICED HONEYDEW	25 SALISBURY STEAK W/ LS BROWN GRAVY MASHED POTATOES GREEN PEAS TOSSED SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS	26 SOUP & SANDWICH BEEF BARLEY VEGETABLE SOUP** TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYONAISE MACARONI SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH APPLE

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ROAST PORK W/ LS GRAVY
Vit. C FORTIFIED MASHED
POTATOES
CARROTS
MARINATED BEET & ONION
SALAD
WHOLE GRAIN BREAD
W/ MARGARINE
SLICED PEACHES



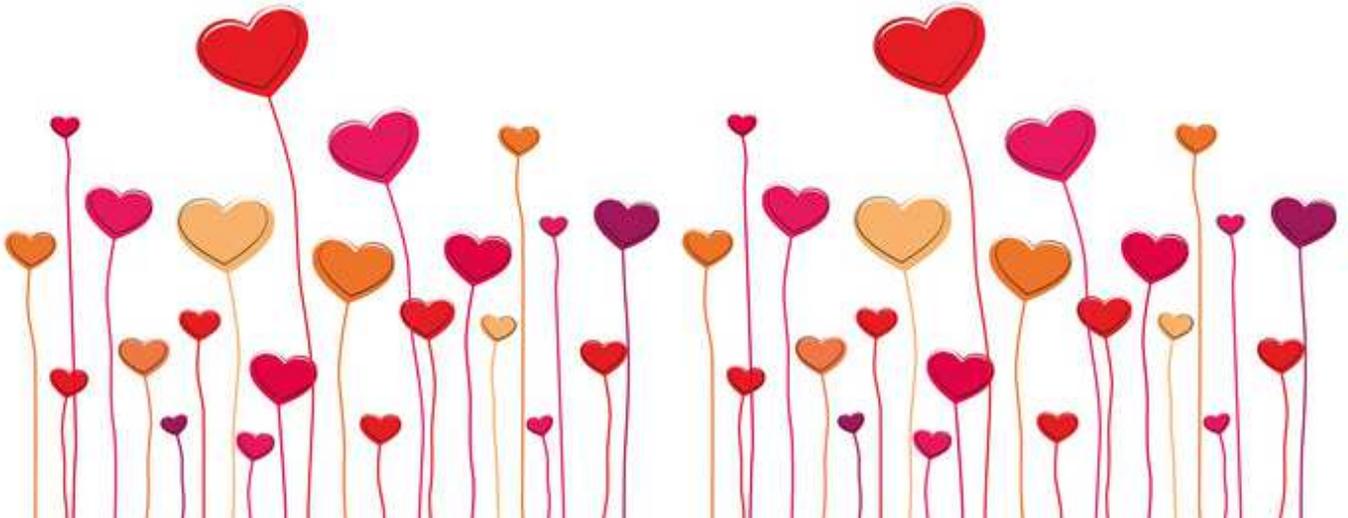
Administered by
YWCA San Gabriel Valley & the Inland Communities
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Area Agency on Aging through the
Older Americans Act of 1965 as amended.

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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

****Indicates Soup served this day**



SUGGESTED DONATION

Age 60 or more \$3.00

Please bring exact change