

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

La Verne
RESERVATIONS:
909-596-8778

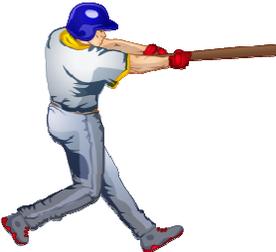
APRIL 2016

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	
<p>Administered by <u>YWCA San Gabriel Valley & the Inland Communities</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 & the Inland Communities</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 NAVY BEAN SOUP BARBECUE PORK RIBBLET BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED CANTALOUPE</p>	
<p>4 ORANGE JUICE ROSEMARY CHICKEN LEG & THIGH W/ LS SAUCE PARSLEY POTATOES MIXED VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING</p>	<p>5 CITY SPONSORED CREAMY SQUASH SOUP BARBACOA BEEF W/ LS SAUCE PICO DE GALLO TEX-MEX RICE(BROWN/WHITE) W/ CORN & RED PEPPERS REFRIED BEANS CARROT-BROCCOLI SLAW CORN TORTILLA W/ MARGARINE FRESH BANANA</p>	<p>6 SOUP & SUB VEGETABLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ] MAYO & MUSTARD PACKETS LETTUCE, TOMATO & ONION SLICES MACARONI SALAD BEET SALAD WHOLE GRAIN SANDWICH ROLL W/ MARGARINE SLICED CANTALOUPE</p>	<p>7 MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES GREEN PEAS TOSSED SALAD W/ RED CABBAGE & RADISHES RANCH RESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	<p>8 LENTIL SOUP SLICED ROAST TURKEY W/ LS GRAVY BROCCOLI FRESH SWEET POTATOES RED GELATIN W/ PEARS WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p>	
<p>11 CHIPOTLE BEEF POT ROAST W/ LS CHIPOTLE SAUCE SALSA TEX-MEX RICE BROWN/WHITE PINTO BEANS TOSSED SALAD W/ TOMATO CHUNKS & RED CABBAGE 1000 ISLAND DRESSING FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT SALAD</p>	<p>12 YOUR CHOICE ROAST PORK W/ LS GRAVY OR SALMON IN MUSTARD-DILL SAUCE FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RADISHES & ORANGE CHUNKS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p>	<p>13 WESTERN DAY ORANGE JUICE ALL BEEF HOT DOG MUSTARD, KETCHUP & RELISH POTATO SALAD LS BAKED BEANS CARROT-PINEAPPLE SALAD WHOLE GRAIN HOT DOG BUN W/ MARGARINE APPLE PIE</p>	<p>14 NO LUNCH PROGRAM THIS DAY! (VOLUNTEER RECOGNITION BRUNCH)</p>		<p>15 SOUP & SANDWICH BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYONAISE MACARONI SALAD THREE BEAN SALAD APPLE SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED CANTALOUPE</p>
<p>18 SLICED ROAST TURKEY W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW #6 Scoop WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>19 ALBONDIGAS SOUP BEEF FAJITAS (BEEF STRIPS) SALSA TEX-MEX RICE BROWN/WHITE BLACK BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD CORN TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p>20 YOUR CHOICE CREAMY SQUASH SOUP FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS LETTUCE SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>21 SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA IN SAUCE BROCCOLI & CORN CAESAR SALAD W/ DRESSING SLICED PEACHES</p>	<p>22 CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY RED GELATIN W/ SHREDDED CARROTS & PINEAPPLE FRESH ORANGE SECTIONS</p>	

25
 ORANGE JUICE
 SWEET & SOUR PORK
 BAKED WINTER SQUASH
 GREEN BEANS W/ RED PEPPERS
 TOSSED SALAD W/ RED CABBAGE
 FRENCH DRESSING
 WHOLE GRAIN BREAD W/ MARGARINE
 CINNAMON APPLESAUCE

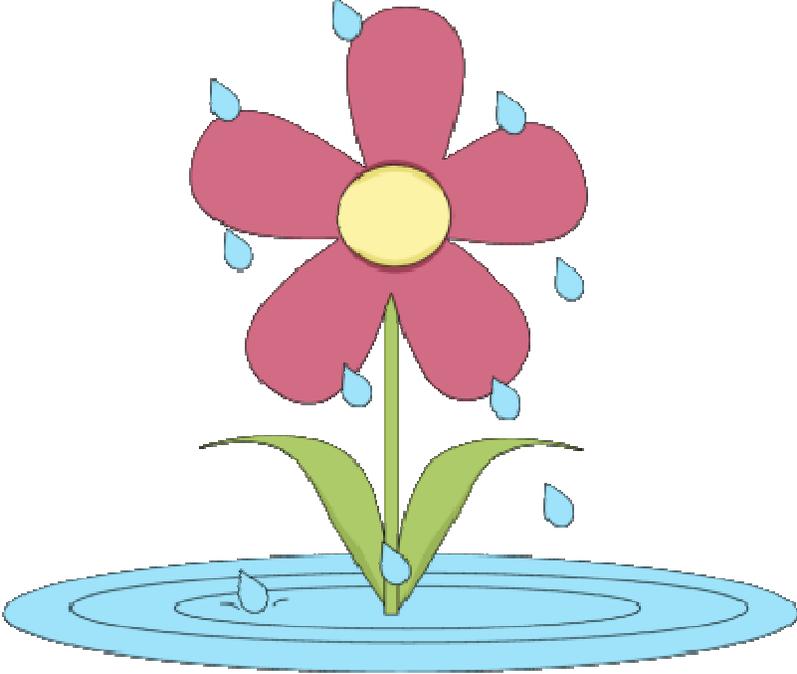
26 PICNIC DAY
 NAVY BEAN SOUP
 HAMBURGER W/ LETTUCE TOMATO & ONION SLICES
 KETCHUP, MUSTARD, MAYO
 OVEN BROWN POTATOES
 BAKED BEANS
 CARROT-RAISIN SALAD
 WHOLE GRAIN HAMBURGER BUN W/ MARGARINE
 SLICED HONEYDEW

27 SOUP & SALAD
 SALAD SERVED IN A BOWL
 VEGETABLE SOUP
 TUNA SALAD W/ MAYO PACKET
 SHELL MACARONI SALAD
 TOMATO & ONION SLICES
 W/ BELL PEPPER STRIPS
 LETTUCE W/ RADISHES & MUSHROOMS
 VINAIGRETTE DRESSING
 WHOLE GRAIN BUN W/ MARGARINE
 ORANGE SECTIONS

28
 BARBECUE CHICKEN LEG & THIGH W/ LS SAUCE
 NORMANDY VEGETABLES
 MARINATED BEET & ONION SALAD
 WHOLE GRAIN BREAD W/ MARGARINE
 GINGERED PEARS

29
 SPLIT PEA SOUP
 MEATLOAF W/ LS BROWN GRAVY
 MASHED POTATOES
 CORN & LIMA BEANS
 SPINACH SALAD W/ MUSHROOMS
 CREAMY ITALIAN DRESSING
 FRENCH BREAD W/ MARGARINE
 FRESH APPLE

***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***



SUGGESTED DONATION
Age 60 or more \$3.00
 Please bring exact change