

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

La Verne
RESERVATIONS:
909-596-8778

MAY 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
2 CHICKEN CACCIATORE BUTTERED EGG NOODLES CARROTS & LIMA BEANS LETTUCE & TOMATO SALAD RANCH DRESSING SLICED CANTALOUPE	3 MINISTRONE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	4 SOUP & SUB VEGETABLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ] MAYO & MUSTARD PACKETS LETTUCE, TOMATO & ONION SLICES MACARONI SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE FRESH BANANA	5 CINCO DE MAYO ALBONDIGAS SOUP W/ 2 MEATBALLS PORK CARNITAS PICO DE GALLO SPANISH RICE BROWN/WHITE PINTO BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT COCKTAIL	6 MOTHERS DAY MENU ORANGE JUICE CHICKEN LEG & THIGH IN WINE SAUCE OVEN BROWNED POTATOES GREEN PEAS & CORN CARROT-PINEAPPLE SALAD FRENCH BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING
9 CITY SPONSORED CREAMY SQUASH SOUP ITALIAN MEATBALLS & SPAGHETTI IN LS ITALIAN SAUCE NORMANDY VEGETABLES TOSSED SALAD W/ RADISHES & CUCUMBER ITALIAN DRESSING PINEAPPLE CHUNKS	10 ORANGE JUICE HAWAIIAN CHICKEN LEG & THIGH RICE PILAF BROWN/WHITE MIXED VEGETABLES CREAMY COLESLAW PEACH COBBLER W/ OATMEAL TOPPING	11 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ W/ SAUCE LEMON SLICE & TARTAR SAUCE GREEN PEAS FRESH SWEET POTATOES APPLE SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP	12 LS SLICED ROAST TURKEY W/ LS GRAVY PARSLEY POTATOES CORN NIBBLET CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	13 NAVY BEAN SOUP BARBECUE PORK RIBBLET W/ LS SAUCE BAKED WINTER SQUASH LIMA BEANS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH SLICED HONEYDEW
16 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	17 STEAK PICADA (BEEF STRIPS) PICO DE GALLO BAKED WINTER SQUASH BROCCOLI W/ RED PEPPERS SOUTHWEST CORN & BLACK BEAN SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA	18 VEGETABLE SOUP CHICKEN CHOW MEIN W/ NOODLES GARLIC BABY BOK CHOY SUNSET SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	19 MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES GREEN PEAS TOSSED SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS	20 SOUP & SANDWICH BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYONAISE MACARONI SALAD APPLE SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED PEACHES
23 SLICED ROAST PORK W/ LS GRAVY MASHED POTATOES CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	24 YOUR CHOICE SLICED ROAST TURKEY W/ LS GRAVY OR SALMON IN MUSTARD-DILL SAUCE, LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES GREEN PEAS & CORN GARDEN SALAD W/ ORANGE SECTIONS & RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	25 CHICKEN ALBONDIGAS SOUP BEEF FAJITAS (BEEF STRIPS) SALSA TEX-MEX RICE BROWN/WHITE PINTO BEANS CITRUS FRUIT SALAD CORN TORTILLA W/ MARGARINE CUSTARD	26 SPLIT PEA SOUP TERIYAKI CHICKEN W/ LS SAUCE BAKED WINTER SQUASH CREAMED SPINACH PINEAPPLE-CARROT SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW	27 MEMORIAL DAY PICNIC NAVY BEAN SOUP HAMBURGER W/ LETTUCE TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO OVEN BROWN POTATOES BAKED BEANS CREAMY COLESLAW(3/4 C=#6 SCOOP) WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH BANANA

30

MEMORIAL DAY



CENTERS CLOSED

31

LENTIL SOUP
SALISBURY STEAK W/
LS GRAVY
MASHED POTATOES
CARROT COINS
TOSSED SALAD W/ TOMATO
CHUNKS & RADISHES
RANCH DRESSING
WHOLE GRAIN BREAD
W/ MARGARINE
ORANGE SECTIONS

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.

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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

SUGGESTED DONATION

Age 60 or more \$3.00

Please bring exact change

