

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

La Verne
RESERVATIONS:
909-596-8778

JULY 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. PLEASE UNDERSTAND 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>YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447</p> <p>email: intervale@ywcasgv.org facebook.com/ywcasg</p>				<p>1</p> <p>ORANGE JUICE ALL BEEF HOT DOG BAKED WINTER SQUASH BAKED BEANS CARROT-PINEAPPLE SALAD WHOLE WHEAT HOT DOG BUN WATERMELON SLICE</p>
<p>4</p> <p>4TH OF JULY HOLIDAY</p>  <p>CENTERS CLOSED</p>	<p>5 CITY SPONSORED</p> <p>VEGETABLE SOUP & CRACKERS ROAST TURKEY W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FRESH ORANGE SECTIONS</p>	<p>6 SOUP & SALAD</p> <p>MINISTRONE SOUP & CRACKERS TOSTADA SALAD W/ GROUND BEEF, CHEESE & SALSA BLACK BEANS & WHOLE KERNEL CORN LETTUCE W/ TOMATO CHUNKS RANCH DRESSING TORTILLA SHELL CANTALOUPE</p>	<p>7</p> <p>ROSEMARY CHICKEN LEG & THIGH HOT BEETS W/ ONIONS FRESH SWEET POTATOES CARROT BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>8</p> <p>ITALIAN MEALLOAF W/ LS ITALIAN SAUCE MASHED POTATOES CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>
<p>11</p> <p>OVEN FRIED CHICKEN W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS CARROT-BROCCOLI SLAW FRUIT CUP</p>	<p>12</p> <p>ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING</p>	<p>13</p> <p>CHICKEN CACCIATORE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING HONEYDEW</p>	<p>14</p> <p>MINISTRONE SOUP & CRACKERS STUFFED BELL PEPPER BAKED WINTER SQUASH BROCCOLI STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD ORANGE SECTIONS</p>	<p>15</p> <p>BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & ONION MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW GRAIN HAMBURGER BUN PINEAPPLE CHUNKS</p>
<p>18</p> <p>CREAMY SQUASH SOUP & CRACKERS SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISHES & CUCUMBER FRESH BANANA</p>	<p>19</p> <p>ORANGE JUICE HAWAIIAN CHICKEN RICE PILAF HOT BEETS W/ PINEAPPLE CREAMY COLESLAW PEACH COBBLER W/ OATMEAL TOPPING</p>	<p>20 YOUR CHOICE</p> <p>CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ W/ LEMON SLICE & TARTAR SAUCE</p> <p>GREEN PEAS FRESH SWEET POTATOES APPLE SALAD FLOUR TORTILLA W/ MARGARINE GINGERED PEARS</p>	<p>21 SOUP N' SUB</p> <p>VEGETABLE SOUP W/ CRACKERS SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ]) MAYO & MUSTARD PACKETS LETTUCE, TOMATO & ONION SLICES POTATO SALAD CARROT-RAISIN SALAD WHOLE GRAIN SANDWICH ROLL W/ MARGARINE CITRUS FRUIT CUP</p>	<p>22</p> <p>NAVY BEAN SOUP & CRACKERS BARBEQUE PORK RIBBLET BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE CANTALOUPE</p>

25
LENTIL SOUP & CRACKERS
SLICED LS TURKEY W/ LS
GRAVY
FRESH SWEET POTATOES
BROCCOLI
MARINATED BEET & ONION
SALAD
WHOLE GRAIN BREAD W/
MARGARINE
SLICED PEARS

26
BEEF FAJITAS
BAKED WINTER SQUASH
GREEN BEANS
MARINATED TOMATO,
GREEN PEPPER & ONION
SALAD
FLOUR TORTILLA W/
MARGARINE
FRESH BANANA

27 SOUP & SALAD
CHINESE VEGETABLE SOUP
& CRACKERS
ASIAN CHICKEN SALAD
BEAN SPROUTS,
MUSHROOMS & RADISHES
CHINESE NOODLES
LETTUCE W/ BELL PEPPER,
GREEN ONION & CARROTS
ORIENTAL DRESSING
CANTALOUPE

28
SALISBURY STEAK
MASHED POTATOES
GREEN PEAS
TOSSED SALAD W/
RADISHES AND RED
CABBAGE
WHOLE GRAIN BREAD W/
MARGARINE
FRESH ORANGE SECTIONS

29
ORANGE JUICE
SALMON IN LEMON-DILL
SAUCE W/ LEMON SLICE &
TARTAR SAUCE
PARSLEY POTATOES
MIXED VEGETABLES
COLESLAW
WHOLE GRAIN BREAD W/
MARGARINE
APPLE COBBLER W/
OATMEAL TOPPING

***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

***Suggested Donation of \$3.00
for Ages 60+***

Please bring exact change – Thank You!

