

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

La Verne  
RESERVATIONS:  
909-596-8778

# AUGUST 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
<b>1</b> SLICED ROAST PORK W/ LS GRAVY MASHED POTATOES (VIT C) CARROTS THREE BEAN SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	<b>2 YOUR CHOICE</b> SLICED ROAST TURKEY W/ LS GRAVY OR SALMON IN LS PESTO SAUCE W/ LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	<b>3</b> ALBONDIGAS SOUP & CRACKERS STEAK PICADO W/ LS SAUCE TEX-MEX RICE (BROWN & WHITE RICE) LS BLACK BEANS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD	<b>4 SOUP &amp; SALAD</b> LENTIL SOUP & CRACKERS CHICKEN CHEF'S SALAD W/ .5 OZ CHEESE & EGG GARNISH POTATO SALAD LS THREE BEAN SALAD SPINACH SALAD W/ MUSHROOMS OIL & VINEGAR DRESSING WHOLE GRAIN ROLL W/ MARGARINE CANTALOUPE	<b>5</b> PORK CARNITAS W/ LS SAUCE PICO DE GALLO BAKED WINTER SQUASH REFRIED BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE GINGERED PEARS
<b>8 PICNIC BOX LUNCH</b> CHICKEN SALAD SANDWICH MACARONI SALAD CREAMY COLESLAW SUNSET SALAD FRESH BANANA  <b>**STAY FOR THE MOVIE MATINEE AT 12:30 PM</b>	<b>9</b> ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS TEX-MEX RICE (BROWN & WHITE) LS PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE FRUIT CUP	<b>10 YOUR CHOICE</b> CREAMY SQUASH SOUP & CRACKERS FISH VERA CRUZ W/ LS SAUCE, SALSA, LEMON SLICE & TARTAR SAUCE OR PORK LOIN ROAST W/ LS GRAVY FRESH SWEET POTATOES BROCCOLI LETTUCE W/ RADISHES & MUSHROOMS SALAD RANCH DRESSING (2) WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	<b>11</b> ITALIAN MEATBALLS W/ LS TOMATO SAUCE SPAGHETTI IN LS TOMATO SAUCE GREEN BEANS CAESAR SALAD W/ DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE	<b>12</b> CHICKEN CHOP SUEY W/ LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS SLICED PEACHES
<b>15</b> ORANGE JUICE SWEET & SOUR PORK W/ LS SWEET & SOUR SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ MUSHROOMS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE	<b>16 SUMMER PICNIC</b> LENTIL SOUP & CRACKERS HAMBURGER PATTY W/ LETTUCE, TOMATO, & ONION SLICES, MUSTARD, KETCHUP & RELISH PARSLEY POTATOES CARROT COINS WHOLE GRAIN BUN W/ MARGARINE SLICED HONEYDEW	<b>17</b> VEGETABLE SOUP & CRACKERS SLICED ROAST TURKEY W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FRESH ORANGE SECTIONS	<b>18</b> BARBEQUE CHICKEN LEG & THIGH W/ LS SAUCE HARVARD BEETS FRESH SWEET POTATOES CARROT BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	<b>19</b> CREAMY SQUASH SOUP & CRACKERS ITALIAN MEATLOAF W/ LS ITALIAN SAUCE MASHED POTATOES (VIT. C) CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD FRESH APPLE
<b>22</b> OVEN FRIED CHICKEN LEG & THIGH W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS CARROT-BROCCOLI SLAW FRUIT CUP	<b>23</b> ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	<b>24 SOUP &amp; SALAD</b> NAVY BEAN SOUP FRUITED CHICKEN PASTA SALAD W/ .5 OZ CHEESE & EGG GARNISH SPIRAL MACARONI SALAD TOMATO WEDGES LETTUCE W/ RED CABBAGE, MUSHROOMS, CARROTS, RED & GREEN GRAPES RANCH DRESSING FRENCH ROLL CANTALOUPE	<b>25</b> MINISTRONE SOUP & CRACKERS STUFFED BELL PEPPER W/ LS SAUCE BAKED WINTER SQUASH BROCCOLI STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	<b>26 SOUP/ SANDWICH</b> BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & ONION SLICES MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW (3/4 C) WHOLE GRAIN HAMBURGER BUN PINEAPPLE CHUNKS

**29**  
CREAMY SQUASH SOUP &  
CRACKERS  
SWEDISH MEATBALLS W/  
SOUR CREAM IN LS SAUCE  
SPIRAL PASTA IN SAUCE  
NORMANDY VEGETABLES  
TOSSED SALAD W/ SLICED  
RADISHES & CUCUMBER  
ITALIAN DRESSING  
FRESH BANANA

**30 CITY  
SPONSORED**  
ORANGE JUICE  
HAWAIIAN CHICKEN L & T  
RICE PILAF (BROWN &  
WHITE RICE)  
HOT BEETS W/ PINEAPPLE  
CREAMY COLESLAW (3/4 C)  
WHOLE GRAIN BREAD  
PEACH COBBLER W/  
OATMEAL TOPPING

**31**  
CHIPOTLE ROAST PORK W/  
LS SAUCE  
GREEN PEAS  
FRESH SWEET POTATOES  
APPLE SALAD  
WHOLE GRAIN BREAD W/  
MARGARINE  
GINGERED PEARS

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**

**SUGGESTED DONATION**  
**\*Suggested Donation of \$3.00**  
**for Ages 60+\***  
Please bring exact change – Thank You!

