

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

La Verne
RESERVATIONS:
909-596-8778

NOVEMBER 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS TEX-MEX BROWN & WHITE RICE LS PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p>2 YOUR CHOICE CREAMY SQUASH SOUP & CRACKERS PORK LOIN ROAST IN LS SAUCE OR SALMON IN LS PESTO SAUCE W/ LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES MIXED VEGETABLES LETTUCE W/ RADISHES & MUSHROOMS SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>3 SWEDISH MEATBALLS W/ SOUR CREAM IN LS SAUCE SPIRAL PASTA GREEN BEANS CAESAR SALAD W/ DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE</p>	<p>4 CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS SLICED PEACHES</p>	
<p>7 ORANGE JUICE SWEET & SOUR PORK IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE</p>	<p>8 LENTIL SOUP & CRACKERS HAMBURGER PATTY W/ KETCHUP, MUSTARD, & RELISH PACKETS LETTUCE, TOMATO & ONION SLICES PARSLEY POTATOES CARROT COINS MACARONI SALAD WHOLE GRAIN HAMBURGER BUN CANTALOUPE</p>	<p>9 SOUP & SUB VEGETABLE SOUP & CRACKERS SUBMARINE SANDWICH W/ ROAST BEEF, TURKEY, & .5 OZ JACK CHEESE LETTUCE & TOMATO SLICES CREAMY COLESLAW SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING CARROT RAISIN SALAD HOAGIE ROLL FRESH ORANGE</p>	<p>10 ROSEMARY CHICKEN LEG & THIGH IN LS SAUCE HOT HARVARD BEETS FRESH SWEET POTATOES BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	 <p>Thank you, Veterans!</p> <p>CENTER CLOSED</p>
<p>14 OVEN FRIED CHICKEN W/ LS GRAVY ROASTED POTATOES GREEN PEAS CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>15 ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING</p>	<p>16 CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING CANTALOUPE</p>	<p>17 MINISTRONE SOUP & CRACKERS STUFFED BELL PEPPER W/ LS SAUCE BROCCOLI BAKED WINTER SQUASH STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	<p>18 BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, ONION & TOMATO MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS</p>
<p>21 CREAMY SQUASH SOUP & CRACKERS ITALIAN MEATBALLS W/ LS TOMATO SAUCE ITALIAN SPAGHETTI NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISHES & CUCUMBER ITALIAN DRESSING GINGERED PEARS</p>	<p>22 HAWAIIAN CHICKEN W/ LS SAUCE RICE PILAF (BROWN & WHITE RICE) LS BLACK BEANS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ ½ CUP FRUIT & OATMEAL TOPPING</p>	<p>23 CITY SPONSORED ORANGE JUICE SLICED BAKED TURKEY W/ LS GRAVY AND CRANBERRY SAUCE CORNBREAD STUFFING PEAS W/ PEARL ONIONS GARDEN SALAD W/ CARROTS & RADISHES RANCH DRESSING PUMPKIN PIE</p>	<p>24 HAPPY</p>  <p>CENTERS</p>	<p>25 THANKS - GIVING</p>  <p>CLOSED</p>

28
ORANGE JUICE
ROSEMARY CHICKEN IN LS SAUCE
PARSLEY POTATOES
MIXED VEGETABLES
CREAMY COLESLAW
WHOLE GRAIN BREAD W/ MARGARINE
APPLE COBBLER W/ ½ CUP FRUIT & OATMEAL TOPPING

29
STEAK PICADA W/ PICO DE GALLO IN LS SAUCE
BAKED WINTER SQUASH
GREEN BEANS
MARINATED TOMATO, GREEN PEPPER & ONION SALAD
FLOUR TORTILLA
FRESH BANANA

30 YOUR CHOICE
CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ IN LS TOMATO SAUCE W/ LEMON SLICE & TARTAR SAUCE
BROWN & WHITE RICE
FRESH SWEET POTATOES
APPLE SALAD
WHOLE GRAIN BREAD W/ MARGARINE
CANTALOUPE

Administered by
YWCA San Gabriel Valley & the Inland Communities
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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



Happy Thanksgiving

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