

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

La Verne
RESERVATIONS:
909-596-8778

DECEMBER 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>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 SALISBURY STEAK W/ LS BROWN GRAVY MASHED POTATOES (VIT C) GREEN PEAS TOSSED SALAD W/ RADISH & RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>2 LENTIL SOUP & CRACKERS TURKEY W/ LS GRAVY CORNBREAD STUFFING BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEARS</p>
<p>5 SLICED ROAST PORK W/ LS GRAVY MASHED POTATOES (VIT C) CARROTS THREE BEAN SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS</p>	<p>6 YOUR CHOICE SLICED ROAST TURKEY W/ LS GRAVY OR SALMON IN MUSTARD-DILL SAUCE W/ LEMON SLICE & TARTAR SAUCE</p> <hr/> <p>FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>7 ALBONDIGAS SOUP & CRACKERS BEEF FAJITAS IN LS SAUCE TEX-MEX BROWN & WHITE RICE LS BLACK BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD</p>	<p>8 SPECIAL HOLIDAY LUNCHEON CORNISH GAME HEN WITH GLAZE ROASTED GARLIC POTATOES CORN NIBBLET SPINACH SALAD W/ WALNUTS, CRANBERRIES & VINAIGRETTE DRESSING RICE PUDDING W/ RAISINS WHOLE GRAIN DINNER ROLL</p>	<p>9 PORK CARNITAS IN LS SAUCE W/ PICO DE GALLO BAKED WINTER SQUASH REFRIED BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE CANTALOUPE</p>
<p>12 SLICED ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>13 ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS IN LS SAUCE TEX-MEX BROWN & WHITE RICE LS PINTO BEANS MARINATED BEET & ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p>14 YOUR CHOICE CREAMY SQUASH SOUP & CRACKERS</p> <hr/> <p>FISH VERA CRUZ IN LS SAUCE W/ LEMON SLICE & TARTAR SAUCE OR SLICED PORK LOIN IN LS GRAVY</p> <hr/> <p>FRESH SWEET POTATOES CREAMED SPINACH LETTUCE W/ RADISH & MUSHROOMS SALAD RANCH DRESSING WHOLE GRAIN BREAD FRESH APPLE</p>	<p>15 SWEDISH MEATBALLS W/ SOUP CREAM IN LS SAUCE SPIRAL PASTA GREEN BEANS CAESAR SALAD W/ DRESSING & CROUTONS WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS</p>	<p>16 CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS SLICED PEACHES</p>
<p>19 ORANGE JUICE SWEET & SOUR PORK IN LS SAUCE BROWN & WHITE RICE GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ MUSHROOMS FRENCH DRESSING CINNAMON APPLESAUCE</p>	<p>20 LENTIL SOUP & CRACKERS HAMBURGER PATTY W/ LETTUCE, TOMATO & ONION SLICE MUSTARD, KETCHUP & MAYO BAKED WINTER SQUASH CARROT COINS MACARONI SALAD WHOLE GRAIN HAMBURGER BUN HONEYDEW</p>	<p>21 VEGETABLE SOUP & CRACKERS SLICED ROAST TURKEY W/ LS GRAVY CRANBERRY SAUCE CORNBREAD STUFFING GREEN PEAS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/ MARGARINE ORANGE SECTIONS</p>	<p>22 BARBEQUE CHICKEN LEG & THIGH IN LS SAUCE MASHED POTATOES (VIT C) HOT BEETS W/ ONIONS BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>23 CHRISTMAS MENU ORANGE JUICE SLICED ROAST BEEF W/ LS GRAVY FRESH SWEET POTATOES CREAMED SPINACH CREAMY COLESLAW WHOLE GRAIN ROLL W/ MARGARINE CHERRY PIE</p>

26



GENTERS CLOSED

27

SLICED ROAST PORK W/ LS GRAVY
FRESH SWEET POTATOES
GREEN BEANS & CORN
APPLE SALAD
WHOLE GRAIN BREAD W/ MARGARINE
LEMON PUDDING

28

CHICKEN CACCIATORE IN LS SAUCE
BUTTERED EGG NOODLES
CARROTS
LETTUCE W/ RADISH & CUCUMBER SALAD
RANCH DRESSING
CANTALOUPE

29

MINISTRONE SOUP & CRACKERS
STUFFED BELL PEPPER IN LS SAUCE
BAKED WINTER SQUASH
LIMA BEANS
STRAWBERRY GELATIN W/ PINEAPPLE
WHOLE GRAIN BREAD W/ MARGARINE
ORANGE SECTIONS

30 NEW YEAR'S EVE

ORANGE JUICE
ROAST PORK W/ APPLES IN LS GRAVY
MASHED POTATOES (VIT C)
GREEN PEAS
SPINACH SALAD W/ MUSHROOMS
OIL & VINEGAR DRESSING
RICE PUDDING W/ RAISINS

***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