

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

La Verne  
**RESERVATIONS:**  
909-596-8778

# JULY 2015

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
<p>Administered by <u>YWCA San Gabriel Valley - Intervale Senior Services</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><i>YWCA San Gabriel Valley Intervale Senior Services</i> 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447</p> <p>email: <a href="mailto:intervale@ywcasgv.org">intervale@ywcasgv.org</a> <a href="https://www.facebook.com/ywcasgv">facebook.com/ywcasgv</a></p>		<p><b>1</b></p> <p>CREAMY SQUASH SOUP ROAST TURKEY W/ LS GRAVY</p> <p>FRESH SWEET POTATOES GREEN BEANS &amp; CORN LETTUCE &amp; TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p><b>2</b> <b>SPECIAL CITY SPONSORED</b></p> <p>ORANGE JUICE BARBECUE BEEF SLICES W/ LS BBQ SAUCE BAKED BEANS PARSLEY POTATOES CARROT-RAISIN SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE WATERMELON SLICE</p>	<p><b>3</b> <b>4<sup>TH</sup> OF JULY HOLIDAY</b></p>  <p><b>CENTERS CLOSED</b></p>
<p><b>6</b></p> <p>ORANGE JUICE ROAST TURKEY W/ LS GRAVY BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ MUSHROOMS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS</p>	<p><b>7</b></p> <p>NAVY BEAN SOUP HAMBURGER W/ LETTUCE, TOMATO &amp; ONION SLICES KETCHUP, MUSTARD, MAYO ROASTED POTATOES GREEN PEAS &amp; CORN CARROT-PINEAPPLE SALAD WHOLE GRAIN HAMBURGER BUN FRESH SLICED CANTALOUPE</p>	<p><b>8</b> <b>SOUP &amp; SALAD</b></p> <p>ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ KIDNEY BEANS &amp; SALSA TEX-MEX LIME-CILANTRO BROWN &amp; WHITE RICE REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM, UNSALTED TORTILLA CHIPS CITRUS FRUIT CUP</p>	<p><b>9</b></p> <p>ROSEMARY CHICKEN LEG &amp; THIGH W/ LS SAUCE MASHED YAMS NORMANDY VEGETABLES MARINATED BEET &amp; ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p><b>10</b></p> <p>MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES CORN &amp; LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE ORANGE SECTIONS</p>
<p><b>13</b></p> <p>OVEN FRIED CHICKEN LEG &amp; THIGH W/ LS GRAVY PARSLEY POTATOES GREEN PEAS GARDEN SALAD W/ TOMATOES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>14</b> <b>YOUR CHOICE</b></p> <p>SALMON W/ LEMON-PEPPER SAUCE, LEMON SLICE &amp; TARTAR SAUCE OR ROAST PORK W/ LS GRAVY RICE PILAF (BROWN/WHITE) NORMANDY VEGETABLES APPLE SALAD LEMON PUDDING</p>	<p><b>15</b> <b>SOUP N' SUB</b></p> <p>NAVY BEAN SOUP SUBMARINE SANDWICH (ROST BEEF, TURKEY &amp; JACK CHEESE) MAYO &amp; MUSTARD PKTS. LETTUCE, TOMATO &amp; ONION SLICES POTATO SALAD RED GELATIN W/ PEARS CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE FRESH BANANA</p>	<p><b>16</b></p> <p>STUFFED BELL PEPPER BAKED WINTER SQUASH BROCCOLI MARINATED TOMATO, GREEN PEPPER &amp; ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p>	<p><b>17</b> <b>SOUP &amp; SANDWICH</b></p> <p>BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO &amp; MAYO MACARONI SALAD THREE BEAN SALAD STRAWBERRY GELATIN W/ SHREDDED CARROTS &amp; PINEAPPLE TWO SLICES WHOLE GRAIN BREAD W/ MARG. ORANGE SECTIONS</p>
<p><b>20</b></p> <p>CREAMY SQUASH SOUP SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA NORMANDY VEGETABLES TOSSED SALAD W/ RADISHES &amp; CUCUMBER SLICES ITALIAN DRESSING PINEAPPLE CHUNKS</p>	<p><b>21</b> <b>SOUP &amp; SALAD</b></p> <p>VEGETABLE SOUP CHICKEN CHEFS SALAD, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS &amp; SALAD VEGETABLES 1000 ISLAND DRESSING POTATO SALAD CARROT-RAISIN SALAD ORANGE SECTIONS (1/2 C) BRAN MUFFIN W/ MARG. (TRANS FAT FREE)</p>	<p><b>22</b></p> <p>CHIPOTLE ROAST PORK W/ LS SAUCE PICO DE GALLO SPANISH RICE(BROWN/WHITE) GREEN PEAS &amp; CARROTS BEET &amp; ONION SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p><b>23</b> <b>BIRTHDAY LUNCH</b></p> <p>ROAST BEEF W/ GRAVY PARSLEY POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p><b>24</b></p> <p>CHICKEN RICE VEGETABLE SOUP BARBECUE PORK RIBBLET BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE &amp; TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH SLICED CANTALOUPE</p>

<b>27</b> ORANGE JUICE HAWIIAN CHICKEN W/ LS SAUCE PARSLEY POTATOES MIXED VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING	<b>28</b> BEEF FAJITAS W/ LS SAUCE SALSA BAKED WINTER SQUASH GREEN BEANS & CORN MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA W MARGARINE FRESH BANANA	<b>29</b> CORN SOUP CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD FRESH SLICED HONEYDEW	<b>30</b> SALISBURY STEAK W/ LS GRAVY MASHED POTATOES MIXED VEGETABLES TOSSED SALAD WITH RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	<b>31</b> LENTIL SOUP TURKEY DIVAN W/ BROCCOLI PARSLIED NOODLES CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE
--	---	--	--	--

**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**

**FOR YOUR SAFETY:**  
The Los Angeles County on Aging prohibits any removal of food or beverages from the lunch site. Consuming food or beverages that have not been kept at proper heating and cooling temperatures can be harmful to your health.

***HAVE A HAPPY 4<sup>th</sup> OF JULY!***



**PLEASE NOTE THERE HAS BEEN A PRICE INCREASE:**  
**SUGGESTED DONATION**  
Age 60 or more \$3.00  
Under 60 \*Pay \$5.00  
Please bring exact change