

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

La Verne
RESERVATIONS:
909-596-8778

JUNE 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. YOU SHOULD KNOW THAT WE MAY NOT BE ABLE TO HONOR YOUR FIRST CHOICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Administered by YWCA San Gabriel Valley & the Inland Communities 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 & the Inland Communities</i> 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447</p> <p>email: intervale@ywcasgv.org facebook.com/ywcasgv</p>		<p>1 YOUR CHOICE</p> <p>CREAMY SQUASH SOUP ROAST PORK LOIN W/ LS SAUCE OR SALMON IN LEMON-PEPPER SAUCE W/ LEMON SLICE & TARTAR SAUCE</p> <p>GREEN PEAS FRESH SWEET POTATOES LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>2</p> <p>SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA IN SAUCE BROCCOLI & CORN CAESAR SALAD W/ DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p>	<p>3</p> <p>CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY STRAWBERRY GELATIN W/ SHREDDED CARROTS & PINEAPPLE FRESH ORANGE SECTIONS</p>
<p>6</p> <p>ORANGE JUICE SWEET & SOUR PORK BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS TOSSED SALAD W/ MUSHROOMS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p>	<p>7</p> <p>LENTIL SOUP ROAST TURKEY W/ LS GRAVY CORNBREAD STUFFING MIXED VEGETABLES MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE SECTIONS</p>	<p>8</p> <p>VEGETABLE SOUP HAMBURGER W/ LETTUCE TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO PARSLEY POTATOES BAKED BEANS CARROT-RAISIN SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED CANTALOUPE</p>	<p>9 SOUP & SALAD</p> <p>NAVY BEAN SOUP FRUITED CHICKEN SALAD W/ .5 oz CHEESE, SLICED EGG GARNISH MACARONI SALAD TOMATO WEDGES (1/2 C) LETTUCE W/ RED CABBAGE, MUSHROOMS, CARROTS RANCH DRESSING FRENCH ROLL W/ MARGARINE PINEAPPLE CHUNKS & MANDARIN ORANGE SECTIONS</p>	<p>10</p> <p>SPLIT PEA SOUP MEATLOAF W/ LS BROWN GRAVY MASHED POTATOES (VIT C) CORN & LIMA BEANS SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARGARINE FRESH APPLE</p>
<p>13</p> <p>OVEN FRIED CHICKEN LEG & THIGH W/ LS GRAVY CORNBREAD STUFFING GREEN PEAS APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP</p>	<p>14 SOUP & SANDWICH</p> <p>BEEF BARLEY VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYONAISE MACARONI SALAD THREE BEAN SALAD CARROT-BROCCOLI SLAW TWO SLICES WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES</p>	<p>15</p> <p>CHICKEN CACCIATORE BUTTERED EGG NOODLES CARROTS & LIMA BEANS LETTUCE SALAD W/ RED CABBAGE & MUSHROOMS RANCH DRESSING ORANGE SECTIONS</p>	<p>16</p> <p>MINISTRONE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH BROCCOLI MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA</p>	<p>17 FATHERS' DAY MENU</p> <p>ORANGE JUICE SLICED YANKEE POT ROAST W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES TOSSED SALAD W/ RED CABBAGE & CELERY RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE APPLE PIE</p>
<p>20 CITY SPONSORED</p> <p>CREAMY SQUASH SOUP ITALIAN MEATBALLS W/ LS ITALIAN SAUCE SPAGHETTI NORMANDY VEGETABLES TOSSED SALAD W/ RADISHES & CUCUMBER ITALIAN DRESSING PINEAPPLE CHUNKS</p>	<p>21</p> <p>ORANGE JUICE HAWAIIAN CHICKEN LEG & THIGH RICE PILAF (BROWN/WHITE) BROCCOLI W/ RED PEPPERS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS</p>	<p>22 YOUR CHOICE</p> <p>CHIPOTLE ROAST PORK W/ LS GRAVY OR FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE</p> <p>GREEN PEAS & CORN FRESH SWEET POTATOES APPLE SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP</p>	<p>23 SOUP & SUB</p> <p>VEGETABLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE [.5 OZ]) MAYO & MUSTARD PACKETS LETTUCE, TOMATO & ONION SLICES MACARONI SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN SANDWICH ROLL W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING</p>	<p>24</p> <p>NAVY BEAN SOUP BARBECUE PORK RIBBLET BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED HONEYDEW (3/4C)</p>

27 ORANGE JUICE ROSEMARY CHICKEN LEG & THIGH W/ LS SAUCE PARSLEY POTATOES MIXED VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING	28 BEEF FAJITAS (BEEF STRIPS) PICO DE GALLO BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE FRESH BANANA	29 VEGETABLE SOUP CHICKEN CHOP SUEY BROWN & WHITE RICE GARLIC BABY BOK CHOY SUNSET SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	30 SALISBURY STEAK W/ LS GRAVY MASHED POTATOES GREEN PEAS & CORN TOSSED SALAD W/ TOMATO CHUNKS & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	
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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
Age 60 or more \$3.00
Please bring exact change

