APRIL 2024 MEALS ON WHEELS OF LONG BEACH APRIL 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) POLISH SAUSAGE WITH SAUTED ONIONS & RED BELL PEPPERS, BAKED BEANS, LEMON PEPPER BROCCOLI, OATMEAL COOKIES, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD. 8) CURRY CHICKEN, BROWN & WILD RICE, ZUCCHINI WITH TOMATOES, SEASONED CORN, ORANGE, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD	2) CHICKEN AND RICE CASSEROLE, WHOLE GRAIN DINNER ROLL, ZUCCHINI MEDLEY, KIWI, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS. 9) BEEF TERIYAKI, STIR FRIED NOODLES, ORIENTAL VEGETABLES, APPLE, KALE CHICKEN SALAD WITH CHOPPED KALE, SHREDDED BRUSSELS SPROUTS, DRIED CRANBERRIES, BASALMIC DRESSING, & CRACKERS.	3 SWEDISH MEATBALLS WITH GARLIC CREAM SAUCE, EGG NOODLES, SEASONED BROCCOLI, CARROTS, TANGERINE, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLESLAW. 10) HERB ROASTED CHICKEN BREAST WITH HONEY MUSTARD SAUCE, BROWN RICE, MIXED VEGETABLES, SEASONED BROCCOLI, FRESH PEAR, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY CUCUMBER SALAD.	 4) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, SEASONED CAULIFLOWER, CHEF'S SPECIAL CAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD. 11) STUFFED BELL PEPPERS, GARLIC & CHIVES MASHED POTATOES, GREEN BEANS WITH PIMENTOS, KIWI, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT AND PINEAPPLE SALAD. 	5) ROASTED TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, SEASONED CARROTS, BRUSSELS SPROUTS, BANANA, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS. 12) BEEF PICADO, SPANISH RICE, BLACK BEANS, TANGERINE, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS.
15) BEEF GOULASH, WHOLE GRAIN DINNER ROLL, ZUCCHINI MEDLEY, CANTALOUPE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.	16) OVEN ROASTED CHICKEN BREAST W/ BBQ SAUCE, MASHED SWEET POTATOES, SEASONED BROCCOLI, TANGERINE, CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, BACON AND BLUE CHEESE DRESSING AND CRACKERS.	17) PORK LOIN WITH APPLE BERRY SAUCE, AU GRATIN POTATOES, PEAS & ONIONS, APPLE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE POTATO SALAD.	18) BEEF STROGANOFF, BROWN RICE, ZUCCHINI MEDLEY, SEASONED CARROTS, SUGAR COOKIES, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, MARINATED BEET AND ONION SALAD.	19) BAKED TURKEY ZITI, WHOLE GRAIN ROLL, CALIFORNIA BLEND VEGETABLES, KIWI, CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.
22) ROSEMARY CHICKEN BREAST W/ CREAMY GARLIC SAUCE, RICE PILAF, SEASONED CARROTS, SEASONED BROCCOLI, CANTALOUPE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD	23) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, POTATOES AU GRATIN, MIXED VEGETABLES, CHOCOLATE PUDDING, GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	24) OVEN ROASTED CHICKEN BREAST WITH MOLE SAUCE, SPANISH RICE, PINTO BEANS, FRESH PEAR, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLESLAW.	25) SWEET & SOUR PORK, STICKY WHITE RICE, GREEN BEAN ALMANDINE, SEASONED CAULIFLOWER, BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET AND ONION SALAD.	26) CHILI RELLENO CASSEROLE, SPANISH RICE, PINTO BEANS, CANTALOUPE, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
29) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, TANGERINE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.	30) CHICKEN BREAST MARSALA W/ MUSHROOM & WHITE WINE SAUCE, BROWN RICE, GREEN BEAN ALMONDINE, CARROTS, KIWI, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.		April Showers bring May Flowers	PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1

*MENU SUBJECT TO CHANGE * ALL MEALS INCLUDE 1% LOW FAT MILK* DIABETIC DESSERT OPTIONS AVAILABLE *