

# JANUARY 2025 MEALS ON WHEELS OF LONG BEACH JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>PLEASE CALL CARON, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</b></p>		<p><b>1) CLOSED</b></p> 	<p><b>2) Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes Mixed Vegetables — Cookies— Ham &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Macaroni Salad</p>	<p><b>3) Tuna Noodle Casserole,</b> Carrots, Zucchini Medley — Banana — Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing &amp; Crackers</p>
<p><b>6) Spaghetti w/ Meatballs</b> Whole Grain Dinner Roll, Broccoli — Applesauce — Egg Salad Sandwich with Spinach and Tomato, Marinated Beet and Onion Salad</p>	<p><b>7) Chicken Enchilada Casserole w/ Red Sauce</b> Black Beans, Carrots — Chef's Special Cake— Spinach Salad W/ Chicken, Mandarin Oranges, Dried Cranberries, Feta Cheese, Vinaigrette Dressing &amp; Crackers</p>	<p><b>8) Fish Vera Cruz</b> Corn, Green Beans Almondine — Kiwi — Roast Beef &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Homemade Potato Salad</p>	<p><b>9) Pork Loin w/ Black Peppercorn Sauce</b> Garlic &amp; Chive Mashed Potatoes, Mixed Vegetables — Peaches — Turkey &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Italian Pasta Salad</p>	<p><b>10) Beef Stroganoff</b> Egg Noodles, Peas &amp; Onions, Carrots — Tangerine — Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinegarette Dressing &amp; Crackers</p>
<p><b>13) Roast Turkey w/ Gravy</b> Herb Stuffing, Green Beans — Fresh Pear — Tuna Salad Sandwich w/ Spinach and Tomatoes, Three Bean Salad</p>	<p><b>14) Chicken Breast w/ Mole Sauce</b> Spanish Rice, Pinto Beans — Pudding— Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing &amp; Crackers</p>	<p><b>15) Roast Pork w/ Mustard Sauce</b> Creamed Spinach w/ Artichokes Mashed Sweet Potatoes — Orange — Turkey Ham &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Coleslaw</p>	<p><b>16) Beef Teriyaki</b> Brown Rice, Oriental Vegetables — Applesauce w/ Cinnamon — Ham &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Cucumber Red Onion Dill Salad</p>	<p><b>17) BBQ Chicken Legs &amp; Thighs</b> Mac n' Cheese &amp; Green Beans — Banana Pudding w/ Wafers— Turkey &amp; Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing &amp; Crackers</p>
<p><b>20) CLOSED</b></p> 	<p><b>21) Ginger Fish</b> Fiesta Corn, Zucchini Medley — Cantaloupe — Chicken Salad Sandwich with Spinach and Tomato, Marinated Beet Salad</p>	<p><b>22) Oven Baked Chicken Breast w/ Lemon Pepper</b> Brown Rice, Peas &amp; Onions, Carrots — Peaches — Roast Beef &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Carrot &amp; Raisin Salad</p>	<p><b>23) Turkey Meatloaf w/ Mushroom Gravy</b> Au Gratin Potatoes, Broccoli — Applesauce — Turkey &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Homemade Potato Salad</p>	<p><b>24) Beef Lasagna</b> Whole Grain Dinner Roll, Cauliflower — Cookies— Kale Chicken Salad w/ Chopped Kale Shredded Brussel Sprouts, Dried Cranberries, Balsamic Dressing &amp; Crackers</p>
<p><b>27) Rosemary Chicken w/ Creamy Garlic Sauce</b> Couscous Pilaf, Mixed Vegetables — Apple— Egg Salad Sandwich with Spinach and Tomato, Carrot &amp; Pineapple Salad</p>	<p><b>28) Turkey Baked Ziti</b> Corn, Zucchini Medley — Kiwi — Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing &amp; Crackers</p>	<p><b>29) Teriyaki Chicken</b> White Rice, Oriental Mixed Vegetables, Broccoli — Almond &amp; Fortune Cookies — Turkey Ham &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Cucumber Salad</p>	<p><b>30) Polish Sausage w/ Bell Peppers</b> Baked Beans, Carrots — Fruit Cocktail — Ham &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Confetti Slaw</p>	<p><b>31) Sweet &amp; Sour Pork</b> Brown Rice, Oriental Vegetables, Corn — Banana — Taco Salad w/ Shredded Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing &amp; Crackers</p>

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