

MARCH 2026

MEALS ON WHEELS OF LONG BEACH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Stuffed Bell Pepper Green Beans, Garlic Chive Mashed Potatoes —Applesauce— Chicken Salad Sandwich with Spinach and Tomato, , Carrot w/ Jicama Salad</p>	<p>3 Beef Picado Spanish Brown Rice, Black Beans, Carrots —Mandarin Orange w/ Jicama— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers</p>	<p>4 Turkey Meatloaf w/ Red Sauce Au Gratin Potatoes, Broccoli —Banana— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette Dressing & Crackers</p>	<p>5 Oven Baked Chicken Corn Bread Stuffing, Zucchini Medley —Chef's Cake— Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Carrot & Rasin Salad</p>	<p>6 Vegetable Frittata Fiesta Corn, Cauliflower —Peaches— Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing & Crackers</p>
<p>9 Beef Lasagna WG Dinner Roll, Cauliflower —Banana— Tuna Salad Sandwich with Spinach and Tomato, Marinated Cucumber & Tomato Salad</p>	<p>10 Shepherd's Pie Green Beans Almondine, Corn —Pear— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers</p>	<p>11 Rosemary Chicken w/ Creamy Garlic Sauce Barley w/ Parsley, Brussel Sprouts, Carrots —Tropical Fruit— Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Coleslaw</p>	<p>12 Beef Teriyaki Brown Rice, Asian Vegetables, Steamed Cabbage —Pineapple & Mango— Garden Salad w/ Chicken Garbanzo Beans, Red Onion, Celery & Diced Tomatoes, Italian Dressing & Crackers</p>	<p>13 Tuna Noodle Casserole Mixed Vegetables, Zucchini —Cookie— Kale Chicken Salad w/ Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers</p>
<p>16 Sweet & Sour Pork Brown Rice, Spinach, Cauliflower —Banana Pudding w/ Wafers— Egg Salad Sandwich with Spinach and Tomato, Marinated Tomato & Onion Salad</p>	<p>17 Corned Beef Au Gratin Potatoes, Steamed Cabbage, Carrots —Green Manhattan Gelatin— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers</p>	<p>18 Beef Stew Biscuit —Fruited Vanilla Yogurt— Turkey, Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Italian Pasta Salad</p>	<p>19 Chicken Marsala w/ Mushroom & White Wine Sauce Penne Pasta, Carrots, Peas —Kiwi— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette</p>	<p>20 Breaded Fish Cilantro Lime Rice, Mixed Vegetables —Banana— Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers</p>
<p>23 BBQ Chicken Breast Mac n' Cheese, Broccoli —Melon— Chicken Salad Sandwich with Spinach and Tomato, Corn Relish Salad</p>	<p>24 Chicken Pasta w/ Creamy Green Sauce Spiral Pasta, Cauliflower, Carrots —Waldorf Salad— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.</p>	<p>25 Roast Turkey w/ Gravy Herb Stuffing, Green Beans —Pudding— Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Coleslaw</p>	<p>26 Roast Beef w/ Gravy Garlic Chive Mashed Potatoes, Collard Greens —Mandarin Orange— Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing & Crackers</p>	<p>27 Chile Relleno Casserole Spanish Brown Rice, Zucchini Medley —Plum— Kale Chicken Salad w/ Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers</p>
<p>30 Roast Pork w/ Mustard Sauce Sliced Sweet Potato, Green Beans —Cookie— Tuna Salad Sandwich with Spinach and Tomato, Marinated Cucumber & Tomato Salad, Macaroni Salad</p>	<p>31 Spaghetti & Meatballs Broccoli, Dinner Roll —Banana— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers</p>	 <p>Questions? Call (562) 439-5000x1</p>		

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