


AUGUST 2022 MEALS ON WHEELS OF LONG BEACH AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) OVEN BAKED CHICKEN MOLE (LEG & THIGH), PINTO BEANS, MEXICALI CORN, FRESH ORANGE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.	2) HERB ROASTED PORK LOIN WITH HONEY MUSTARD SAUCE, MASHED SWEET POTATOES, SEASONED BROCCOLI, APPLE, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.	3) BEEF STROGANOFF, SEASONED EGG NOODLES, ZUCCHINI MEDLEY, SEASONED CARROTS, CANTALOUPE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CUCUMBER, RED ONION AND DILL SALAD.	4) BAKED TURKEY ZITI, WHOLE GRAIN ROLL, GREEN BEANS WITH PIMENTOS, FRUIT COCKTAIL, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.	5) ROSEMARY CHICKEN BREAST W/ CREAMY GARLIC SAUCE, MACARONNI & CHEESE, SEASONED BROCCOLI, CHOCOLATE PUDDING, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.
8) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, GARLIC AND CHIVE MASHED POTATOES, PEAS & CARROTS, OATMEAL COOKIES, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD	9) BBQ CHICKEN LEG & THIGH, OVEN ROASTED POTATOES, SEASONED BROCCOLI, PEARS WITH CINNAMON, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	10) BAKED HAM WITH HONEY GLAZE SAUCE, MASHED SWEET POTATOES, SEASONED GREEN BEANS, BANANA, ROAST BEEF AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, CARROT AN RAISIN SALAD.	11) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN & WILD RICE, ORIENTAL VEGETABLES, COCONUT CAKE, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLESLAW.	12) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, FRESH ORANGE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.
15) OVEN BAKED HERBED CHICKEN LEG & THIGH, MACARONI & CHEESE, MIXED VEGETABLES, PEACHES, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD	16) PORK LOIN WITH APPLE BERRY SAUCE, RICE PILAF, PEAS & ONIONS, KIWI, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	17) BEEF GOULASH, WHOLE GRAIN DINNER ROLL, ZUCCHINI MEDLEY, FRESH PLUM, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLE SLAW.	18) TURKEY CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, WATERMELON, ROAST BEEF AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, CUCUMBER, RED ONION AND TOMATO SALAD	19) OVEN BAKED BREADED FISH WITH TARTER SAUCE, OVEN BROWNED POTATOES, PEAS AND CARROTS, BANANA, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.
22) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, CREAMED SPINACH, TROPICAL MIXED FRUIT, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD	23) TUNA NOODLE CASSEROLE WITH PEAS & CARROTS, BRUSSELS SPROUTS, CANTALOUPE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	24) LEMON PEPPER CHICKEN, BROWN & WILD RICE, GREEN BEAN ALMANDINE, MANDARIN ORANGES, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, TRICOLOR PASTA SALAD.	25) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, FRESH PEARS, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET SALAD.	26) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, CHEF'S SPECIAL CAKE, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS
29) SWEET & SOUR PORK, STICKY WHITE RICE, ZUCCHINI MEDLEY, VANILLA PUDDING, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED CUCUMBER AND ONION SALAD.	30) TURKEY A LA KING, BISCUIT, GREEN BEANS WITH PIMENTOS, ORANGE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.	31) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI & CAULIFLOWER, WATERMELON, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, POTATO SALAD.		<p>PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</p>

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