




SEPTEMBER 2022 MEALS ON WHEELS OF LONG BEACH SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</p>			<p>1) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN & WILD RICE, BRUSSELS SPROUTS, CHEESECAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.</p>	<p>2) POLISH SAUSAGE WITH SAUTED ONIONS & BELL PEPPERS, BAKED BEANS, SEASONED BROCCOLI, WATERMELON, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>
<p>CLOSED – NO DELIVERIES</p> 	<p>6) OVEN BAKED CHICKEN LEG & THIGH, MASHED SWEET POTATOES, CAULIFLOWER, VANILLA CHOCOLATE SWIRL PUDDING, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD</p>	<p>7) STUFFED BELL PEPPERS, GARLIC & CHIVES MASHED POTATOES, GREEN BEANS WITH PIMENTOS, FRESH PEAR, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY CUCUMBER SALAD.</p>	<p>8) BEEF PICADO, SPANISH RICE, BLACK BEANS, MANDARIN ORANGES, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT AND RAISIN SALAD.</p>	<p>9) OVEN BAKED BREADED FISH WITH TARTER SAUCE, OVEN BROWNED POTATOES, PEAS AND CARROTS, FRESH BANANA, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>12) OVEN BAKED CHICKEN MOLE (LEG & THIGH), PINTO BEANS, SEASONED BRUSSELS SPROUTS, FRESH ORANGE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.</p>	<p>13) VEGETARIAN LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI & CAULIFLOWER, APPLE, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>	<p>14) BEEF STROGANOFF, BROWN RICE, ZUCCHINI MEDLEY, SEASONED CARROTS, CANTALOUPE, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE POTATO SALAD.</p>	<p>15) BAKED TURKEY ZITI, WHOLE GRAIN ROLL, CALIFORNIA BLEND VEGETABLES, PINEAPPLE WITH MANGO, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.</p>	<p>16) BAKED HAM WITH HONEY GLAZE SAUCE, GARLIC AND CHIVE MASHED POTATOES, SEASONED GREEN BEANS, CARROT CAKE, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>
<p>19) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, MASHED SWEET POTATOES, PEAS & CARROTS, OATMEAL COOKIES, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD</p>	<p>20) CURRY CHICKEN, BROWN & WILD RICE, ZUCCHINI WITH TOMATOES, PEARS WITH CINNAMON, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>	<p>21) CORNED BEEF, BOILED NEW POTATOES, SEASONED CABBAGE, FRESH APPLE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & RAISIN SALAD.</p>	<p>22) CHICKEN CHOP SUEY, BROWN & WILD RICE, ORIENTAL VEGETABLES, CANTALOUPE, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLESLAW.</p>	<p>23) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, CHEFS SPECIAL CAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>26) HERB ROASTED CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, TANGERINE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.</p>	<p>27) PORK LOIN WITH APPLE BERRY SAUCE, MAC & CHEESE, PEAS & ONIONS, KIWI, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>28) SALSBURY STEAK WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, MIXED VEGETABLES, APPLE PIE, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE POTATO SALAD.</p>	<p>29) TURKEY CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, WATERMELON, ROAST BEEF AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, CUCUMBER, RED ONION AND TOMATO SALAD</p>	<p>30) OVEN BAKED BREADED FISH WITH TARTER SAUCE, BARLEY PILAF, PEAS AND CARROTS, FRESH BANANA, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>

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