






NOVEMBER 2018 MEALS ON WHEELS OF LONG BEACH NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p>		<p>1) MEATLOAF WITH GRAVY, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS WITH HERBS, AMBROSIA SALAD, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CUCUMBER, RED ONION AND DILL SALAD.</p>	<p>2) BBQ CHICKEN LEG AND THIGH, OVEN BROWNED POTATOES, SEASONED CAULIFLOWER, FRESH BANANA, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO & SALSA DRESSING, CRACKERS.</p>
<p>5) ROASTED PORK WITH MUSHROOM SAUCE, MUSHROOM AND BARLEY PILAF, PEAS AND ONIONS, PEARS WITH CINNAMON, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>6) CURRY CHICKEN, BROWN & WILD RICE, ORIENTAL VEGETABLES, FRESH CANTALOUPE CHUNKS, ENTRÉE CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>7) BEEF STEW WITH POTATOES, ONIONS, CARROTS AND CELERY, BISCUIT, FRESH ORANGE, HAM, TURKEY & CHEESE DELI SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET SALAD WITH ONIONS.</p>	<p>8) BREADED OVEN BAKED FISH, MASHED SWEET POTATOES, PEAS & CORN, PEACHES & STRAWBERRIES W/ YOGURT, TUNA SALAD SANDWICH W/ LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.</p>	<p>9) TURKEY LASAGNA, WHOLE GRAIN DINNER ROLL, ZUCCHINI MEDLEY, CHOCOLATE PUDDING, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING AND CRACKERS.</p>
<p>12) MOWL B CLOSED FOR VETERANS DAY</p> 	<p>13) TURKEY CHILI, BAKED POTATO WEDGES, SEASONED MIXED VEGETABLES, TAPIOCA PUDDING, TURKEY & CHEESE DELI SANDWICH W/ SPINACH, TOMATO, & PICKLE, TRI-COLOR COLE SLAW.</p>	<p>14) ROASTED PORK W/ LEMON & HERB SAUCE, RICE PILAF, ZUCCHINI & TOMATO W/ LEMON & GARLIC, BANANA, GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>15) SALISBURY STEAK, AU GRATIN POTATOES, SEASONED BRUSSELS SPROUTS, CHOCOLATE AND VANILLA SWIRL PUDDING, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, CARROT AND RAISIN SALAD.</p>	<p>16) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, CHOCOLATE CAKE, ENTRÉE COBB SALAD W/ TURKEY & HAM, EGG, TOMATO, BACON WITH BLUE CHEESE DRESSING, CRACKERS.</p>
<p>19) CHICKEN BREAST WITH LEMON AND CAPER SAUCE, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS WITH PIMENTOS, MANDARIN ORANGE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, ITALIAN PASTA SALAD.</p>	<p>20) WHOLE WHEAT SPAGHETTI W/ MEATBALLS, DINNER ROLL, LEMON PEPPER BROCCOLI, PEACHES W/ YOGURT, CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>21) ROAST TURKEY WITH SAGE GRAVY, CORN BREAD STUFFING, AU GRATIN POTATOES, PEAS & CARROTS, PUMPKIN PIE, TURKEY, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.</p>	<p>22) MOWL B CLOSED</p> 	<p>23) MOWL B CLOSED</p> 
<p>26) LEMON DIJON CHICKEN BREAST, OVEN BROWNED POTATOES, CALIFORNIA BLENDED VEGETABLES, PEARS WITH MANGO CHUNKS, HAM & CHEESE SANDWICH WITH SPINACH, TOMATO & PICKLE, THREE BEAN SALAD.</p>	<p>27) CHILI RELLENO CASSEROLE, SPANISH RICE, MEXICALI CORN, FRESH KIWI, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>28) SMOTHERED PORK WITH HONEY & GARLIC SAUCE, MACARONI & CHEESE, MIXED VEGETABLES, FRESH ORANGE, EGG SALAD SANDWICH W/ LETTUCE & TOMATO, CUCUMBER, ONION & DILL SALAD</p>	<p>29) TURKEY TETRAZINI, GARLIC & CHIVE MASHED POTATOES, ROASTED CORN, FRESH APPLE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE POTATO SALAD.</p>	<p>30) BBQ CHICKEN LEG & THIGH MASHED SWEET POTATOES, CARROTS, CHOCOLATE & VANILLA SWIRL PUDDING, ENTRÉE COBB SALAD W/ TURKEY, HAM, EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.</p>

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