



AUGUST 2024 ♦ MEALS ON WHEELS OF LONG BEACH ♦ AUGUST 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <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) CHICKEN BREAST WITH MOLE SAUCE, SPANISH RICE, PINTO BEANS, KIWI, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.</p> | <p>2) BAKED HAM WITH HONEY PINEAPPLE GLAZE SAUCE, MASHED SWEET POTATOES, GREEN BEAN ALMONDINE, MIXED MELONS, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p> |
| <p>5) BEEF PICADO, SPANISH RICE, BLACK BEANS, TANGERINE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET & ONION SALAD.</p> | <p>6) PORK LOIN WITH APPLE BERRY SAUCE, AU GRATIN POTATOES, PEAS & ONIONS, APPLESAUCE, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p> | <p>7) CHICKEN NOODLE CASSEROLE, SEASONED CARROTS, BRUSSELS SPROUTS, FRESH PLUM, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & PINEAPPLE SALAD.</p> | <p>8) SWEDISH MEATBALLS WITH GARLIC CREAM SAUCE, SEASONED EGG NOODLES, SEASONED BROCCOLI, CARROTS, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CUCUMBER, RED ONION AND TOMATO SALAD.</p> | <p>9) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN RICE, ORIENTAL VEGETABLES, CORN, TANGERINE, KALE CHICKEN SALAD WITH CHOPPED KALE, SHREDDED BRUSSELS SPROUTS, DRIED CRANBERRIES, POPPY SEED DRESSING, & CRACKERS.</p> |
| <p>12) BAKED TURKEY ZITI, WHOLE GRAIN ROLL, CALIFORNIA BLEND VEGETABLES, KIWI, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p> | <p>13) ROSEMARY CHICKEN BREAST WITH CREAMY GARLIC SAUCE, BROWN RICE, PEAS & CARROTS, SEASONED CAULIFLOWER, APPLE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p> | <p>14) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, CREAMED SPINACH, FRESH PEAR, MANDARIN ORANGES, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, TRICOLOR PASTA SALAD.</p> | <p>15) OVEN ROASTED CHICKEN BREAST WITH BBQ SAUCE, MASHED SWEET POTATOES, SEASONED BROCCOLI, CHEFS SPECIAL CAKE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLESLAW.</p> | <p>16) SWEET & SOUR PORK, STICKY WHITE RICE, GREEN BEAN ALMANDINE, SEASONED CAULIFLOWER, BANANA, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p> |
| <p>19) SALISBURY STEAK WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, SEASONED BROCCOLI, FRESH PEAR, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET & ONION SALAD.</p> | <p>20) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, ORANGE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p> | <p>21) CHICKEN BREAST MARSALA W/ MUSHROOM & WHITE WINE SAUCE, BROWN RICE, GREEN BEAN ALMONDINE, CARROTS, KIWI, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p> | <p>22) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI & CAULIFLOWER, BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE HOMEMADE POTATO SALAD.</p> | <p>23) CHICKEN CHOP SUEY, BROWN & WILD RICE, ORIENTAL VEGETABLES, CANTALOUPE, CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, BACON AND BLUE CHEESE DRESSING AND CRACKERS.</p> |
| <p>26) VEGETARIAN CHILI WITH BARLEY, CORNBREAD, PEAS AND CARROTS, PUDDING, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.</p> | <p>27) CHICKEN AND RICE CASSEROLE, WHOLE GRAIN DINNER ROLL, ZUCCHINI MEDLEY, FRESH PLUM, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS</p> | <p>28) ROAST BEEF WITH MUSHROOM GRAVY, AU GRATIN POTATOES, GREEN BEANS WITH PIMENTOS, APPLE, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CONFETTI SLAW.</p> | <p>29) ROASTED CHICKEN BREAST WITH HONEY MUSTARD SAUCE, BROWN RICE, MIXED VEGETABLES, SEASONED BROCCOLI, TANGERINE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & PINEAPPLE SALAD.</p> | <p>30) POLISH SAUSAGE WITH SAUTED ONIONS & RED BELL PEPPERS, BAKED BEANS, MEXICALI CORN, WATERMELON, SPINACH SALAD WITH CHICKEN, TANGERINE, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p> |

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