


MAY 2024 MEALS ON WHEELS OF LONG BEACH MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">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) BAKED HAM WITH HONEY PINEAPPLE GLAZE SAUCE, MASHED SWEET POTATOES, GREEN BEAN ALMONDINE, MIXED MELONS, TURKEY, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.</p>	<p>2) SALISBURY STEAK WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, SEASONED BROCCOLI, FRESH PEARS, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET SALAD.</p>	<p>3) STEAK PICADO, SPANISH RICE, BLACK BEANS, MEXICALI CORN, ORANGE, SPINACH SALAD WITH CHICKEN, TANGERINE, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>6) CHICKEN AND RICE CASSEROLE, WHOLE GRAIN DINNER ROLL, ZUCCHINI MEDLEY, BANANA, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>7) ROAST BEEF W/ MUSHROOM GRAVY, POTATOES AU GRATIN, SEASONED BROCCOLI, OATMEAL COOKIES, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>	<p>8) TUNA NOODLE CASSEROLE, SEASONED CARROTS, BRUSSELS SPROUTS, CHOCOLATE PUDDING, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & RAISIN SALAD.</p>	<p>9) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, PEAR, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.</p>	<p>10) CHICKEN BREAST MILANO, BROWN RICE, PEAS & CARROTS, SEASONED BROCCOLI, CHEESECAKE CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>
<p>13) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, APPLESAUCE WITH CINNAMON, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.</p>	<p>14) BEEF CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, KIWI, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>15) SWEDISH MEATBALLS W/ GARLIC CREAM SAUCE, EGG NOODLES, SEASONED BROCCOLI, CARROTS, TANGERINE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CUCUMBER, RED ONION AND DILL SALAD.</p>	<p>16) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI & CAULIFLOWER, CHEF SPECIAL CAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CONFETTI SLAW.</p>	<p>17) ROAST TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, PEAS & CARROTS, BANANA, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>20) CURRY CHICKEN, BROWN & WILD RICE, ZUCCHINI WITH TOMATOES, SEASONED CORN, FRESH ORANGE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.</p>	<p>21) BEEF TERIYAKI, STIR FRIED NOODLES, ORIENTAL VEGETABLES, PEACHES, KALE CHICKEN SALAD WITH CHOPPED KALE, SHREDDED BRUSSELS SPROUTS, DRIED CRANBERRIES, BASALMIC DRESSING, & CRACKERS.</p>	<p>22) HERB ROASTED CHICKEN BREAST W/ HONEY MUSTARD SAUCE, BROWN RICE, SEASONED CAULIFLOWER, GREEN BEAN ALMANDINE, FRESH PEAR, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CARROT & PINEAPPLE SALAD.</p>	<p>23) STUFFED BELL PEPPERS, GARLIC & CHIVE MASHED POTATOES, PEAS WITH ONIONS, KIWI, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.</p>	<p>24) POLISH SAUSAGE WITH SAUTED ONIONS & RED BELL PEPPERS, BAKED BEANS, LEMON PEPPER BROCCOLI, WATERMELON, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>
<p>30) CLOSED – NO DELIVERY</p> <div style="text-align: center;">  </div>	<p>28) OVEN ROASTED CHICKEN BREAST WITH MOLE SAUCE, SPANISH RICE, PINTO BEANS, ORANGE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.</p>	<p>29) PORK LOIN WITH APPLE BERRY SAUCE, AU GRATIN POTATOES, PEAS & ONIONS, APPLE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE POTATO SALAD.</p>	<p>30) BEEF STROGANOFF, EGG NOODLES, ZUCCHINI MEDLEY, SEASONED CARROTS, SUGAR COOKIES, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, MARINATED BEET AND ONION SALAD.</p>	<p>31) BAKED TURKEY ZITI, WHOLE GRAIN ROLL, CALIFORNIA BLEND VEGETABLES, KIWI, CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>

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