

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

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) BEEF STEW W/ POTATOES, CELERY & ONION, BISCUIT. ORANGE. TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING AND CRACKERS</p>	<p>2) CHICKEN BREAST MARSALA W/MUSHROOM & WHITE WINE SAUCE, BROWN RICE, PEAS & ONIONS, BROCCOLI, KIWI, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.</p>	<p>3) BREADED FISH, ZUCCHINI MEDLEY, CORN, BANANA, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET SALAD.</p>	<p>4) SALISBURY STEAK WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, SEASONED CARROTS, FRESH PEAR, SPINACH SALAD WITH CHICKEN, TANGERINE, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS</p>
<p>7) TURKEY CHILI W/BARLEY, CORNBREAD, GREEN BEANS, WATERMELON, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, ITALIAN PASTA SALAD</p>	<p>8) SWEDISH MEATBALLS WITH GARLIC CREAM SAUCE, SEASONED EGG NOODLES, SEASONED BROCCOLI, CARROTS, KIWI, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING & CRACKERS</p>	<p>9) ROAST BEEF WITH MUSHROOM GRAVY, MASHED SWEET POTATOES, PEAS & ONIONS, SUGAR COOKIES, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & PINEAPPLE SALAD</p>	<p>10) HERB CHICKEN BREAST WITH HONEY MUSTARD SAUCE, BARLEY PILAF, MIXED VEGETABLES, SEASONED BROCCOLI, MANDARIN ORANGES, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE MACARONI SALAD</p>	<p>11) CHICKEN NOODLE CASSEROLE, BRUSSELS SPROUTS, SEASONED CARROTS, BANANA, GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS</p>
<p>14) SPAGHETTI AND MEATBALLS W/ MARINARA SAUCE, WHOLE GRAIN DINNER ROLL, BROCCOLI, FRESH APPLE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, CONFETTI SLAW</p>	<p>15) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, BLACK BEANS, CARROTS, CHEF'S SPECIAL CAKE, TACO SALAD WITH CHICKEN, TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING AND CRACKERS</p>	<p>16) OVEN BAKED CHICKEN BREAST W/ LEMON PEPPER SAUCE, BROWN RICE, GREEN BEANS, CORN, MIXED MELONS, TURKEY, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO, PICKLE, HOMEMADE POTATO SALAD</p>	<p>17) PORK LOIN W/ BLACK PEPPERCORN SAUCE, AU GRATIN POTATOES, GREEN BEANS W/ PIMENTOS, WATERMELON, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & PINEAPPLE SALAD</p>	<p>18) BEEF STROGANOFF, EGG NOODLES, PEAS & ONIONS, ZUCCHINI MEDLEY, TANGERINE, CHOPPED SPINACH & KALE SALAD W/ CHICKEN, SHREDDED BRUSSELS SPROUTS, DRIED CRANBERRIES, BASALMIC DRESSING & CRACKERS</p>
<p>21) ROAST TURKEY WITH SAGE GRAVY, HERB STUFFING, GREEN BEANS, FRESH PEAR, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD</p>	<p>22) BEEF TERIYAKI, BROWN RICE, ASIAN VEGETABLES, SEASONED BROCCOLI, PEACH, SPINACH SALAD WITH CHICKEN, TANGERINE, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS</p>	<p>23) CHICKEN AND RICE CASSEROLE, WHOLE GRAIN DINNER ROLL, SEASONED CARROTS, ORANGE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO, PICKLE, MARINATED BEET & ONION SALAD</p>	<p>24) CHICKEN BREAST WITH MOLE SAUCE, SPANISH RICE, PINTO BEANS, WATERMELON, TURKEY, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO, PICKLE, CREAMY COLESLAW</p>	<p>25) STUFFED BELL PEPPER, GARLIC & CHIVE MASHED POTATOES, CARROTS, BANANA, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING & CRACKERS</p>
<p>28) BEEF PICADO, SPANISH RICE, BLACK BEANS, MEXI CALI CORN, TANGERINE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, PASTA SALAD</p>	<p>29) CHICKEN CHOP SUEY, BROWN & WILD RICE, GREEN BEANS, ORIENTAL VEGETABLES, CANTALOUPE, CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, BACON AND BLUE CHEESE DRESSING AND CRACKERS</p>	<p>30) OVEN BAKED CHICKEN BREAST WITH BBQ SAUCE, MASHED SWEET POTATOES, SEASONED BROCCOLI, KIWI, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO, PICKLE, HOMEMADE MACARONI SALAD</p>	<p>31) POLISH SAUSAGE WITH SAUTED ONIONS & RED BELL PEPPERS, BAKED BEANS, SEASONED CARROTS, CHEF'S SPECIAL CAKE, ROAST BEEF & CHEESE SANDWICH W/ LETTUCE, TOMATO, PICKLE, HOMEMADE POTATO SALAD</p>	

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