



# SEPTEMBER 2024 ♦ MEALS ON WHEELS OF LONG BEACH ♦ SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) CLOSED – NO DELIVERY</p> 	<p>3) CHILI RELLENO CASSEROLE, SPANISH RICE, PINTO BEANS, CHEF'S SPECIAL CAKE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>4) CORNED BEEF, SEASONED CABBAGE, BISCUIT, PEAS &amp; CARROTS, MIXED MELONS, ROAST BEEF &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, CREAMY COLESLAW.</p>	<p>5) BEEF GOULASH, WHOLE GRAIN DINNER ROLL, SEASONED BROCCOLI, WATERMELON, TURKEY &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, MARINATED BEET SALAD.</p>	<p>6) BEEF STROGANOFF, EGG NOODLES, ZUCCHINI MEDLEY, SEASONED CORN, TANGERINE ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING &amp; CRACKERS.</p>
<p>9) OVEN BAKED CHICKEN BREAST W/ LEMON PEPPER SAUCE, BROWN RICE, PEAS &amp; ONIONS, SEASONED CAULIFLOWER, PUDDING, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.</p>	<p>10) TURKEY CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, FRESH PEACH, TURKEY &amp; HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>	<p>11) PORK LOIN WITH HONEY MUSTARD SAUCE, MASHED SWEET POTATOES, SEASONED BROCCOLI, APPLESAUCE, TURKEY, HAM &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT &amp; PINEAPPLE SALAD.</p>	<p>12) CHICKEN BREAST MILANO, BROWN RICE, ZUCCHINI &amp; TOMATOES, SEASONED CARROTS, FRESH PLUM, ROAST BEEF &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, CONFETTI SLAW.</p>	<p>13) STUFFED BELL PEPPERS, BARLEY PILAF, GREEN BEANS WITH PIMENTOS, SUGAR COOKIES, CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>
<p>16) BEEF PICADO, SPANISH RICE, BLACK BEANS, TANGERINE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, ITALIAN PASTA SALAD.</p>	<p>17) CHICKEN TERIYAKI, STICKY RICE, ORIENTAL VEGETABLES, SEASONED CORN, CANTALOUPE, KALE CHICKEN SALAD WITH CHOPPED KALE, SHREDDED BRUSSELS SPROUTS, DRIED CRANBERRIES, BASALMIC DRESSING, &amp; CRACKERS.</p>	<p>18) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, KIWI, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, ASIAN COLESLAW.</p>	<p>19) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, MEXICALI CORN, BROCCOLI &amp; CAULIFLOWER, CHEF SPECIAL CAKE, ROAST BEEF &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, CUCUMBER, RED ONION &amp; TOMATO SALAD.</p>	<p>20) ROAST TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, PEAS &amp; CARROTS, BANANA, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>
<p>23) VEGETABLE FRITTATA, WHOLE GRAIN ROLL, BRUSSELS SPROUTS, WATERMELON, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.</p>	<p>24) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, MACARONI &amp; CHEESE, LEMON PEPPER BROCCOLI, KIWI, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING &amp; CRACKERS.</p>	<p>25) OVEN ROASTED CHICKEN BREAST WITH MOLE SAUCE, SPANISH RICE, PINTO BEANS, CANTALOUPE, HAM &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, CARROT &amp; PINEAPPLE SALAD.</p>	<p>26) TUNA NOODLE CASSEROLE, SEASONED CARROTS, ZUCCHINI MEDLEY, TANGERINE, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE MACARONI SALAD.</p>	<p>27) SWEDISH MEATBALLS W/ GARLIC CREAM SAUCE, EGG NOODLES, SEASONED BROCCOLI, CARROTS, CHOCOLATE PUDDING, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING &amp; CRACKERS</p>
<p>30) BAKED TURKEY ZITI, WHOLE GRAIN ROLL, BROCCOLI &amp; CAULIFLOWER, FRESH PEAR, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>				<p><b>PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</b></p>

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