

DECEMBER 2025

MEALS ON WHEELS OF LONG BEACH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Chili Mac Peas & Onions, Zucchini Medley —Pear— Tuna Salad Sandwich with Spinach and Tomato, Cucumber, Red Onion, and Dill Salad	2 Roast Pork w/ Mustard Sauce Sweet Mashed Potatoes, Steamed Cabbage —Cookie— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.	3 Turkey a la King Whole Grain Pasta, Cauliflower, Mixed Vegetables —Peaches— Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Marinated Beet Salad w/ Onions	4 Turkey Meatloaf w/ Red Sauce Au Gratin Potatoes, Zucchini —Fruit Cocktail w/ Coconut— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette Dressing & Crackers	5 Chicken Mole Spanish Brown Rice, Fiesta Corn —Kiwi— Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers
8 Stuffed Bell Pepper Green Beans, Garlic Chive Mashed Potatoes —Applesauce— Chicken Salad Sandwich with Spinach and Tomato, , Carrot w/ Jicama Salad	9 Beef Picado Spanish Brown Rice, Black Beans, Zucchini —Mandarin Orange w/ Jicama— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	10 Vegetable Frittata Corn, Broccoli —Cantaloupe— Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing & Crackers	11 Oven Baked Chicken Corn Bread Stuffing, Carrots —Peaches— Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Carrot & Rasin Salad	12 Beef Stroganoff Egg Noodles, Peas & Onions, Cauliflower —Banana— Spinach Salad W/ Chicken, Mandarin Oranges, Dried Cranberries, Feta Cheese, Vinaigrette Dressing
15 Beef Lasagna WG Dinner Roll, Cauliflower —Banana— Egg Salad Sandwich with Spinach and Tomato, Marinated Cucumber & Tomato Salad	16 Shepherd's Pie Green Beans Almondine, Carrots —Pear— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers	17 Rosemary Chicken w/ Creamy Garlic Sauce Barley w/ Parsley, Brussel Sprouts —Tropical Fruit— Turkey, Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Coleslaw	18 Beef Teriyaki Brown Rice, Asian Vegetables —Pineapple & Mango— Garden Salad w/ Chicken Garbanzo Beans, Red Onion, Celery & Diced Tomatoes, Italian Dressing & Crackers	19 Beef Stew Biscuit —Chef's Special Cake— Kale Chicken Salad w/ Chopped Kale Shredded Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers
22 Sweet & Sour Pork Seasoned Egg Noodles, Spinach, Mixed Vegetables —Banana Pudding w/ Wafers— Tuna Salad Sandwich with Spinach and Tomato, Marinated Tomato & Onion Salad	23 Roast Beef w/ Gravy Green Beans, Mashed Garlic Potatoes —Holiday Gingerbread Cake— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	24 CLOSED	25 CLOSED	26 Chicken Curry Brown Rice, Oriental Vegetables, Cabbage —Cantaloupe— Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Italian Pasta Salad
29 Polish Sausage w/ Onions and Peppers Sauerkraut, Mashed Potatoes, Peas & Onions —Melon— Chicken Salad Sandwich with Spinach and Tomato, Mediterranean Salad	30 Baked Turkey Ziti Corn, Brussel Sprouts —Plum— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.	31 Baked Ham w/ Glace Sliced Sweet Potato, Broccoli —Dessert Pie— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers		

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