SEPTEMBER 2025 MEALS ON WHEELS OF LONG BEACH SEPTEMBER 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Spaghetti w/ Meatballs	3 Chicken Enchilada	4 Lemon Pepper Oven	5 Pork Loin w/Black
	WG Dinner Roll, Broccoli	Casserole w/ Red Sauce	Baked Chicken Breast	Pepper Sauce
\ ahor	—Banana—	Black Beans, Carrots	Couscous Pilaf, Cauliflower,	Garlic Mashed Potatoes, Mixed
20000	Chicken Caesar Salad, Romaine	—Pudding—	Green Beans	Vegetables
_ * aay	Lettuce, Croutons, Caeser	Garden Salad w/ Chicken	—Kiwi—	—Tangerine—
CLOSED	Dressing	Garbanzo Beans, Red Onion,	Roast Beef & Cheese Sandwich	Turkey & Ham Cobb Salad w/
CLUSLA		Celery & Tornatoes, Italian	w/ Lettuce, Tomato and Pickle,	Egg, Tomato, Bacon, Ranch
7.1 · 1		Dressing & Crackers	Homemade Potato Salad	Dressing & Crackers
8 Beef Chili Mac	9 Herb Baked Fish w/	10 Turkey a la King	11 Meatloaf	12 Chicken Mole
Peas & Onions, Zucchini Medley	Dill Sauce	Whole Grain Pasta, Cauliflower,	w/ Red Sauce	Spanish Brown Rice, Fiesta
—Pear—	Couscous Pilaf, Mixed Vegetables,	Carrots	Mashed Potatoes, Zucchini	Corn
Tuna Salad Sandwich with	Steamed Cabbage	—Fresh Fruit—	—Fruit Cocktail w/ Coconut—	—Kiwi—
Spinach and Tomato,	—Cookie—	Turkey, & Cheese Sandwich w/	Greek Chicken Salad w/	Taco Salad w/ Chicken, Diced
Marinated Beet & Onion Salad	Chef's Salad W/ Turkey, Ham,	Lettuce, Tomato and Pickle,	Tomato, Olives, Cucumber,	Tomato, Corn, Black Beans,
	Egg, Tomato, Bacon, and Blue	Marinated Cucumber Tomato	Feta Cheese, Vinegarette	Cheese, Cilantro, Salsa
	Cheese Dressing & Crackers.	Salad	Dressing & Crackers	Dressing & Crackers
15 Stuffed Bell Pepper	16 Chicken Pozole	17 Tuna Noodle	18 Oven Baked Chicken	19 Salisbury Steak w/
Green Beans, Garlic Chive	Corn Tortilla, Hominy, Shredded	Casserole	Corn Bread Stuffing,	Mushroom Gravy
Mashed Potatoes	Cabbage w/ Lime	Mixed Vegetables, Zucchini	Cauliflower	Au Gratin Potatoes, Broccoli
—Applesauce—	—Arroz con Leche—	—Cantaloupe—	—Peaches—	—Banana—
Egg Salad Sandwich with	Turkey & Ham Cobb Salad w/	Garden Salad w/ Chicken	Ham & Cheese Sandwich w/	Spinach Salad W/ Chicken,
Spinach and Tomato, Carrot	Egg, Tomato, Bacon, Ranch	Garbanzo Beans, Red Onion,	Lettuce, Tomato and Pickle,	Mandarin Oranges, Dried
w/ Jicama Salad	Dressing & Crackers	Celery & Tornatoes, Italian	Macaroni Salad	Cranberries, Feta Cheese,
		Dressing & Crackers		Vinaigrette Dressing
22 Beef Lasagna	23 Shepherd's Pie	24 Rosemary Chicken w/	25 Beef Teriyaki	26 BBQ Chicken Breast
Dinner Roll, Zucchini Medley	Grean Beans Almondine,	Creamy Garlic Sauce	Brown Rice, Asian Vegetables	Mac n' Cheese, Collard
—Cream Sandwich Cookies—	Carrots	Barley w/ Parsley, Brussel	—Chef's Special Cake—	Greens
Chicken Salad Sandwich with	—Pear—	Sprouts	Chinese Chicken Salad w/	—Orange—
Spinach and Tomato, Creamy	Kale Chicken Salad w/ Chopped	—Tropical Fruit—	Mandarin Oranges, Cabbage,	Turkey & Ham Cobb Salad w/
Cucumber Salad	Kale Shredded Brussel Sprouts,	Turkey, Ham & Cheese	Carrots, Onion, Asian Dressing	Egg, Tomato, Bacon, Ranch
	Dried Cranberries, Balsamic	Sandwich w/ Lettuce, Tomato	& Crackers	Dressing & Crackers
	Dressing & Crackers	and Pickle, Creamy Coleslaw		
29Roast Pork w/ Mustard	30 Chicken Curry			Want to Cancel a Meal?
Sauce	Brown Rice, Oriental Vegetables,			Call the Client Manager
Green Beans, Mashed Sweet	Cabbage			Caron
Potatoes	—Cantaloup e —			
—Pear—	Chicken Caesar Salad, Romaine	Septe	mhar	Before 9:00 AM
Tuna Salad Sandwich with	Lettuce, Croutons, Caeser	Septe.	IIIDCI	To Cancel for <u>the Next Weekda</u> y
Spinach and Tomato,	Dressing			(562) 439-5000 x1
Marinated Tomato & Onion				
Salad				