

APRIL 2026

MEALS ON WHEELS OF LONG BEACH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 Chicken Enchilada Casserole w/ Red Sauce</b> Black Beans, Zucchini —Orange— Turkey, Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Macaroni Salad	<b>2 Glazed Ham</b> Au Gratin Potatoes, Broccoli —Cake— Spinach Salad W/ Chicken, Mandarin Oranges, Dried Cranberries, Feta Cheese, Vinaigrette Dressing	<b>3 Breaded Fish</b> Mixed Vegetables, Brussel Sprouts —Peaches— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette Dressing & Crackers
		<b>6 Beef Chili Mac</b> Corn, Zucchini Medley —Pear— Egg Salad Sandwich with Spinach and Tomato, Three Bean Salad	<b>7 Chicken Curry</b> Brown Rice, Oriental Vegetables, Steamed Cabbage —Waldorf Salad— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers	<b>8 Turkey a la King</b> Whole Grain Pasta, Cauliflower, Green Beans —Peaches— Kale Chicken Salad w/ Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers
<b>13 Stuffed Bell Pepper</b> Green Beans, Garlic Chive Mashed Potatoes —Applesauce— Chicken Salad Sandwich with Spinach and Tomato, Homemade Potato Salad	<b>14 Beef Picado</b> Spanish Brown Rice, Black Beans, Carrots —Mandarin Orange w/ Jicama— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	<b>15 Turkey Meatloaf w/ Red Sauce</b> Au Gratin Potatoes, Broccoli —Melon— Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing & Crackers	<b>16 Oven Baked Chicken</b> Corn Bread Stuffing, Green Beans —Peaches— Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Cucumber, Red Onion, and Dill Salad	<b>17 Swedish Meatballs</b> Pasta, Carrots, Zucchini —Banana— Kale Chicken Salad w/ Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers
<b>20 Beef Lasagna</b> WG Dinner Roll, Cauliflower —Cookie— Tuna Salad Sandwich with Spinach and Tomato, Marinated Cucumber & Tomato Salad	<b>21 Shepherd's Pie</b> Green Beans Almondine, Corn —Pear— Spinach Salad W/ Chicken, Mandarin Oranges, Dried Cranberries, Feta Cheese, Vinaigrette Dressing & Crackers	<b>22 Lemon Dijon Chicken</b> Barley w/ Parsley, Brussel Sprouts, Mixed Vegetables —Tropical Fruit— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers	<b>23 Beef w/ Green Onion Stir Fry</b> Brown Rice, Oriental Vegetables, Steamed Cabbage —Pineapple & Mango— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette	<b>24 BBQ Chicken Breast</b> Mac n' Cheese, Collard Greens —Orange— Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing
<b>27 Chicken &amp; Rice Casserole</b> Peas & Onions, Zucchini —Pear— Egg Salad Sandwich with Spinach and Tomato, Marinated Tomato and Onion Salad	<b>28 Beef Stew</b> Biscuit —Cantaloupe— Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing & Crackers	<b>29 Hawaiian Chicken w/ Pineapple</b> Brown Rice, Asian Mixed Vegetables, Green Beans —Fruited Vanilla Yogurt— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	<b>30 Chicken Marsala w/ Mushroom &amp; White Wine Sauce</b> Penne Pasta, Carrots, Peas —Cookie— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers	<p style="text-align: center;"><b>Questions?</b> <b>Call 562-439-5000x1</b></p> 

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