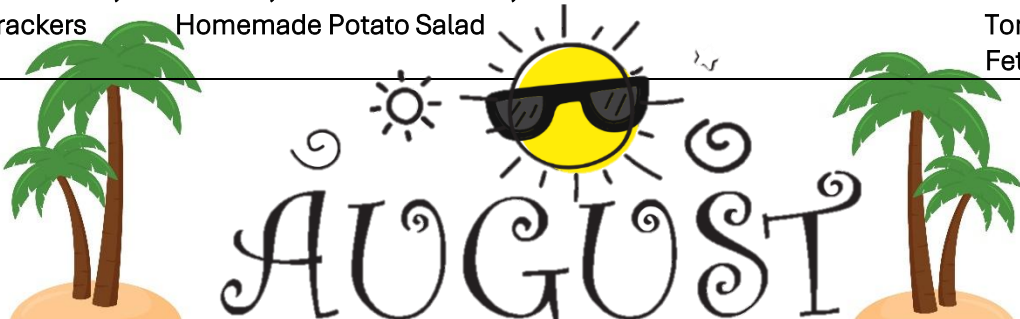


AUGUST 2026

MEALS ON WHEELS OF LONG BEACH

CALL: 562-439-5000X1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken w/ Mushroom Gravy Spiral Pasta, Cauliflower, Carrots —Cantaloupe— Tuna Salad Sandwich with Spinach and Tomato, Three Bean Salad	4 Stuffed Bell Pepper Broccoli, Mashed Potatoes —Applesauce— Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers	5 Beef Picado Brown Spanish Rice, Black Beans —Mandarin Orange w/ Jicama— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.	6 Chicken & Rice Casserole Peas & Onions, Zucchini —Banana— Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Marinated Broccoli Salad	7 Lemon Dijon Chicken Cornbread Stuffing, Green Beans w/ Almonds —Red Jello— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers
10 Turkey Meatloaf Zucchini, Mashed Potatoes —Applesauce— Egg Salad Sandwich with Spinach and Tomato, Marinated Tomato Salad	11 Sweet & Sour Pork Brown Rice, Carrots, Spinach —Orange— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinegarette Dressing & Crackers	12 Beef Goulash Green Beans, Cauliflower —Pineapple & Mango— Turkey & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Marinated Cucumber Salad	13 Rosemary Chicken w/ Creamy Garlic Sauce Couscous Pilaf, Corn, Zucchini —Cookie— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	14 Asian Beef w/ Green Onions Brown Rice, Broccoli, Steamed Cabbage —Pear— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing
17 BBQ Chicken Mac n' Cheese, Collard Greens —Tropical Fruit— Chicken Salad Sandwich with Spinach and Tomato, Mediterranean Salad	18 Beef Lasagna Dinner Roll, Broccoli —Cake— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	19 Thai Basil Chicken Brown Rice, Asian Mixed Vegetables, Steamed Cabbage —Cantaloupe— Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing	20 Beef Stew Biscuit —Kiwi— Turkey, Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Dill Cucumber Salad	21 Hawaiian Chicken Hawaiian Roll, Brown Rice, Broccoli —Coconut Cake— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette
24 Chicken Enchilada Casserole Black Beans, Zucchini Medley —Watermelon— Tuna Salad Sandwich with Spinach and Tomato, Creamy Coleslaw Salad	25 Creamy Basil Chicken White Rice, Peas, Carrots —Cantaloupe— Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing & Crackers	26 Salisbury Steak Au Gratin Potatoes, Brussel Sprouts —Fruited Vanilla Yogurt— Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Homemade Potato Salad	27 Roast Turkey Herb Stuffing, Broccoli —Banana— Turkey & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Marinated Broccoli Slaw	28 Roast Beef w/ Gravy Sweet Potato Slices, Creamed Spinach —Pudding— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette
31 Chicken Mole Cilantro Lime Rice, Carrots —Tropical Fruit— Egg Salad Sandwich with Spinach and Tomato, Corn Relish Salad				

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