

JANUARY 2026

MEALS ON WHEELS OF LONG BEACH

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| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
|    |   |  |   |  |
|   |    |    |    |   |
| <b>5 Tuna Noodle Casserole</b><br>Mixed Vegetables, Zucchini<br>—Applesauce—<br>Tuna Salad Sandwich with Spinach and Tomato, Corn Relish Salad  | <b>6 Spaghetti w/ Meatballs</b><br>WG Dinner Roll, Broccoli<br>—Banana—<br>Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers                            | <b>7 Chicken Enchilada Casserole w/ Red Sauce</b><br>Black Beans, Zucchini<br>—Tangerine—<br>Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers               | <b>8 Breaded Fish</b><br>Cilantro Lime Rice, Green Beans<br>—Chef's Special Cake—<br>Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Cucumber Salad   | <b>2 Chicken Pasta w/ Creamy Green Sauce</b><br>Spiral Pasta, Cauliflower, Carrots<br>—Waldorf Salad—<br>Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers                                |
| <b>12 Beef Chili Mac</b><br>Peas & Onions, Zucchini Medley<br>—Pear—<br>Egg Salad Sandwich with Spinach and Tomato, Marinated Beet and Onion Salad                                      | <b>13 Herb Baked Fish w/ Dill Sauce</b><br>Couscous Pilaf, Carrots, Cabbage<br>—Cookie—<br>Kale Chicken Salad w/ Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers | <b>14 Turkey a la King</b><br>Whole Grain Pasta, Cauliflower, Mixed Vegetables<br>—Peaches—<br>Turkey, Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Italian Pasta Salad                                | <b>15 Turkey Meatloaf w/ Red Sauce</b><br>Au Gratin Potatoes, Zucchini<br>—Fruit Cocktail w/ Coconut—<br>Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers               | <b>9 Pork Loin w/ Black Peppercorn Sauce</b><br>Mashed Sweet Potatoes, Brussel Sprouts<br>—Tangerine—<br>Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette Dressing                      |
| <b>19</b><br>  | <b>20 Beef Picado</b><br>Spanish Brown Rice, Black Beans, Zucchini<br>—Mandarin Orange w/ Jicama—<br>Chicken Salad Sandwich with Spinach and Tomato, Chipotle Creamy Coleslaw     | <b>21 Stuffed Bell Pepper</b><br>Fiesta Corn, Garlic Chive Mashed Potatoes<br>—Cantaloupe—<br>Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers              | <b>22 Polish Sausage w/ Sauerkraut</b><br>Baked Beans, Carrots<br>—Peaches—<br>Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette Dressing & Crackers                                | <b>16 Baked Chicken</b><br>Mac & Cheese, Collard Greens<br>—Banana Pudding w/ Wafers—<br>Garden Salad w/ Chicken Garbanzo Beans, Red Onion, Celery & Tomatoes, Italian Dressing & Crackers                       |
| <b>26 Beef Lasagna</b><br>WG Dinner Roll, Cauliflower<br>—Cream Sandwich Cookie—<br>Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers                         | <b>27 Shepherd's Pie</b><br>Green Beans Almondine, Carrots<br>—Pear—<br>Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers                                  | <b>28 Lemon Dijon Chicken</b><br>Barley w/ Parsley, Brussel Sprouts, Mixed Vegetables<br>—Tropical Fruit—<br>Garden Salad w/ Chicken Garbanzo Beans, Red Onion, Celery & Tomatoes, Italian Dressing & Crackers | <b>29 Beef w/ Green Onions Stir Fry</b><br>White Rice, Asian Mixed Vegetables, Steamed Cabbage<br>—Pineapple & Mango—<br>Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing | <b>23 Swedish Meatballs w/ Creamy Garlic Sauce</b><br>Egg Noodles, Broccoli, Mixed Vegetables<br>—Pudding—<br>Chopped Spinach & Kale Salad with Chicken, Diced Tomatoes, Red Onions and Croutons, Ranch Dressing |
| <b>30 BBQ Chicken Breast</b><br>Mac n' Cheese, Collard Greens<br>—Chef's Special Cake—<br>Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette Dressing & Crackers |   |  |   |  |

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