

JUNE 2026

MEALS ON WHEELS OF LONG BEACH

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Beef Lasagna WG Dinner Roll, Cauliflower —Cookie— Chicken Salad Sandwich with Spinach and Tomato, Corn Relish Salad	2	Shepherd's Pie Green Beans Almondine, Corn —Pear— Kale Chicken Salad w/ Chopped Kale Shredded Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers	3	Rosemary Chicken w/ Creamy Garlic Sauce Barley w/ Parsley, Brussel Sprouts, Zucchini Medley —Tropical Fruit— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.	4	Beef Teriyaki Brown Rice, Asian Vegetables, Steamed Cabbage —Pineapple & Mango— Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Italian Pasta Salad	5	BBQ Chicken Breast Mac n' Cheese, Collard Greens —Cake— Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing & Crackers
8	Sweet & Sour Pork Barley w/ Herbs, Spinach, Carrots —Pudding— Egg Salad Sandwich with Spinach and Tomato, Marinated Tomato & Onion Salad	9	Chicken Curry Brown Rice, Oriental Vegetables, Steamed Cabbage —Cantaloupe— Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing	10	Beef Stew Biscuit —Orange— Ham, Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Homemade Potato Salad	11	Chicken Marsala w/ Mushroom & White Wine Sauce Penne Pasta, Carrots, Peas —Cookie— Roast Beef, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Macaroni Salad	12	Breaded Fish Cilantro Lime Rice, Zucchini —Banana— Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers
15	Turkey Meatloaf w/ Red Sauce Au Gratin Potatoes, Broccoli —Fresh Melons— Tuna Salad Sandwich with Spinach and Tomato, Carrot and Raisin Salad	16	Chicken & Rice Casserole Peas & Onions, Zucchini —Banana Pudding w/ Wafers— Spinach Salad W/ Chicken, Mandarin Oranges, Dried Cranberries, Feta Cheese, Vinaigrette Dressing	17	Roast Turkey w/ Gravy Herb Stuffing, Green Beans —Banana— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers	18	Stuffed Bell Pepper Carrots, Garlic Chive Mashed Potatoes —Cake— Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Cucumber Salad	19	CLOSED 
22	Oven Baked Chicken Corn Bread Stuffing, Mixed Vegetables —Applesauce— Chicken Salad Sandwich with Spinach and Tomato, Cucumber Red Onion & Dill Salad	23	Spaghetti & Meatballs Broccoli, Dinner Roll —Banana— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	24	Chicken Enchilada Casserole w/ Red Sauce Black Beans, Zucchini —Pudding— Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers	25	Salisbury Steak w/ Mushroom Gravy Au Gratin Potatoes, Brussel Sprouts —Cake— Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Coleslaw w/ Chipotle	26	Pork Loin w/ Black Pepper Sauce Sliced Sweet Potato, Green Beans —Tangerine— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette D
29	Beef Chili Mac Peas & Onions, Zucchini Medley —Pear— Egg Salad Sandwich with Spinach and Tomato, Three Bean Salad	30	Hawaiian Chicken w/ Pineapple White Rice, Carrots, Steamed Cabbage —Waldorf Salad— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers						

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