

JUNE 2022 MEALS ON WHEELS OF LONG BEACH JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</p>		<p>1) HOMEMADE MEATLOAF W/ MUSHROOM GRAVY, AU GRATIN POTATOES, SEASONED BROCCOLI, FRESH PEAR, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.</p>	<p>2) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN & WILD RICE, ORIENTAL VEGETABLES, CANTALOUPE, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, MARINATED BEET AND ONION SALAD.</p>	<p>3) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, FRESH ORANGE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>6) ROSEMARY CHICKEN BREAST W/ CREAMY GARLIC SAUCE, OVEN BROWNEED POTATOES, SEASONED ZUCCHINI, PEACHES, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>7) PORK LOIN WITH APPLE BERRY SAUCE, CREAMY NOODLES, PEAS & ONIONS, VANILLA PUDDING, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS</p>	<p>8) SALISBURY STEAK WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, SEASONED BROCCOLI, FRESH PLUM, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & RAISIN SALAD.</p>	<p>9) TURKEY CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, WATERMELON, ROAST BEEF AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, CUCUMBER, RED ONION AND TOMATO SALAD</p>	<p>10) OVEN BAKED BREADED FISH WITH TARTER SAUCE, MACARONNI & CHEESE, PEAS AND CARROTS, FRESH BANANA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>13) ROAST BEEF WITH MUSHROOM GRAVY, AU GRATIN POTATOES, PEAS WITH ONIONS, MIXED MELONS, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET & ONION SALAD.</p>	<p>14) CHICKEN NOODLE CASSEROLE, SEASONED CARROTS, BRUSSELS SPROUTS, CANTALOUPE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>	<p>15) LEMON PEPPER CHICKEN, BROWN & WILD RICE, GREEN BEAN ALMANDINE, MANDARIN ORANGES, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, TRICOLOR PASTA SALAD.</p>	<p>16) BEEF GOULASH, WHOLE GRAIN DINNER ROLL, ZUCCHINI MEDLEY, CHOCOLATE CAKE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & RAISIN SALAD</p>	<p>17) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, SUGAR COOKIES, ENTRÉE CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS</p>
<p>20) MOWL B CLOSED</p> 	<p>21) TURKEY A LA KING, BISCUIT, GREEN BEANS WITH PIMENTOS, YOGURT WITH BERRIES, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>	<p>22) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI & CAULIFLOWER, BAKED WATERMELON, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, POTATO SALAD.</p>	<p>23) ROASTED TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, BRUSSELS SPROUTS, CHEF'S SPECIAL CAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.</p>	<p>24) POLISH SAUSAGE WITH SAUTED ONIONS & BELL PEPPERS, BAKED BEANS, SEASONED BROCCOLI, FRESH ORANGE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>
<p>27) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, APPLESAUCE WITH CINNAMON, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.</p>	<p>28) OVEN BAKED CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, CHOCOLATE PUDDING, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>	<p>29) STUFFED BELL PEPPERS, GARLIC & CHIVE MASHED POTATOES, PEAS WITH ONIONS AND PIMENTOS, FRESH PEAR, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CONFETTI SLAW.</p>	<p>30) BEEF STROGANOFF, SEASONED EGG NOODLES, ZUCCHINI MEDLEY, SEASONED CARROTS, MANDARIN ORANGES, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CUCUMBER, RED ONION AND DILL SALAD.</p>	

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