

MAY 2022 MEALS ON WHEELS OF LONG BEACH MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) ROAST BEEF WITH MUSHROOM GRAVY, AU GRATIN POTATOES, PEAS WITH ONIONS, MIXED MELONS, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET & ONION SALAD.	3) TUNA NOODLE CASSEROLE, SEASONED CARROTS, BRUSSELS SPROUTS, CHOCOLATE CAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	4) LEMON PEPPER CHICKEN, BARLEY PILAF, GREEN BEAN ALMANDINE, FRESH PEAR, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.	5) STEAK FAJITAS, ONIONS & PEPPERS, FLOUR TORTILLA, PINTO BEANS, CHOCOLATE PUDDING, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE MACARONI SALAD.	6) CHICKEN BREAST MILANO, SEASONED NOODLES, SEASONED BROCCOLI, MANDARINS, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS
9) HERB ROASTED PORK LOIN WITH HONEY MUSTARD SAUCE, MASHED SWEET POTATOES, ZUCCHINI MEDLEY, PINEAPPLE WITH MANGO, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.	10) 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.	11) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, BAKED APPLE GRANOLA, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET SALAD.	12) ROASTED TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, BRUSSELS SPROUTS, FRESH BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.	13) CURRY CHICKEN, BROWN & WILD RICE, ZUCCHINI WITH TOMATOES, FRESH ORANGE, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
16) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, APPLESAUCE WITH CINNAMON, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.	17) OVEN BAKED CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, CHOCOLATE PUDDING, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	18) STUFFED BELL PEPPERS, GARLIC & CHIVE MASHED POTATOES, PEAS WITH ONIONS AND PIMENTOS, FRESH PEAR, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR PASTA SALAD.	19) 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.	20) OVEN BAKED BREADED FISH WITH TARTER SAUCE, OVEN BROWNED POTATOES, PEAS AND CARROTS, FRESH BANANA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
23) OVEN BAKED CHICKEN MOLE (LEG & THIGH), PINTO BEANS, MEXICALI CORN, FRESH ORANGE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.	24) PORK LOIN WITH APPLE BERRY SAUCE, CREAMY NOODLES, PEAS & ONIONS, CANTALOUPE, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS	25) BEEF PICADO, SPANISH RICE, BLACK BEANS, PINEAPPLE WITH MANGO, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT AND RAISIN SALAD.	26) BAKED ZITI WITH TURKEY, WHOLE GRAIN ROLL, GREEN BEANS WITH PIMENTOS, MIXED FRUIT, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CONFETTI SLAW	27) POLISH SAUSAGE WITH SAUTED ONIONS & BELL PEPPERS, BAKED BEANS, SEASONED BROCCOLI, WATERMELON, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.
<p>30) CLOSED – NO DELIVERY</p> 	31) BBQ CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED BROCCOLI, PEARS WITH CINNAMON, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, ITALIAN PASTA SALAD.			<p>PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</p>

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