




# NOVEMBER 2022 MEALS ON WHEELS OF LONG BEACH NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1) BBQ CHICKEN LEG &amp; THIGH, OVEN ROASTED POTATOES, SEASONED BROCCOLI, PEARS WITH CINNAMON, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING &amp; CRACKERS.</p>	<p>2) BAKED HAM WITH HONEY GLAZE SAUCE, MASHED SWEET POTATOES, SEASONED GREEN BEANS, BANANA, TURKEY AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, CARROT AN RAISIN SALAD.</p>	<p>3) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN &amp; WILD RICE, BRUSSELS SPROUTS, CHEF'S CAKE, ROAST BEEF &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, CREAMY COLESLAW.</p>	<p>4) BEEF STEW WITH POTATOES, CELERY &amp; CARROTS AND ONIONS, BISCUIT, ORANGE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING &amp; CRACKERS.</p>
<p>7) HERB CHICKEN LEG &amp; THIGH, OVEN ROASTED POTATOES, SEASONED BROCCOLI, PEARS WITH CINNAMON, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET &amp; ONION SALAD.</p>	<p>8) PORK LOIN WITH APPLE BERRY SAUCE, CREAMY NOODLES, MIXED VEGETABLES, VANILLA PUDDING, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>	<p>9) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, GARLIC &amp; CHIVE MASHED POTATOES, SEASONED BROCCOLI, FRESH PLUM, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT &amp; PINEAPPLE SALAD.</p>	<p>10) TURKEY CHILI WITH BARLEY, CORNBREAD, GREEN BEANS WITH PIMENTOS, WATERMELON, ROAST BEEF AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, CUCUMBER, RED ONION AND TOMATO SALAD</p>	<p>11) MOWL B CLOSED</p> <div style="text-align: center;">  </div>
<p>14) ROAST BEEF WITH MUSHROOM GRAVY, AU GRATIN POTATOES, MEXICALI CORN, MIXED MELONS, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.</p>	<p>15) CHICKEN TETRAZINI, SEASONED CARROTS, BRUSSELS SPROUTS, CANTALOUPE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>16) LEMON PEPPER CHICKEN, BROWN &amp; WILD RICE, GREEN BEAN ALMANDINE, MANDARIN ORANGES, ROAST BEEF &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, TRICOLOR PASTA SALAD.</p>	<p>17) SWEDISH MEATBALLS WITH GARLIC CREAM SAUCE, EGG NOODLES, ZUCCHINI MEDLEY, FRESH PEAR, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE POTATO SALAD</p>	<p>18) OVEN BAKED BREADED FISH WITH TARTER SAUCE, MACARONNI &amp; CHEESE, PEAS AND CARROTS, FRESH BANANA, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING &amp; CRACKERS.</p>
<p>21) TURKEY LENTIL STEW, BISCUIT, PEAS &amp; ONIONS, FRESH ORANGE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET &amp; ONION SALAD.</p>	<p>22) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI &amp; CAULIFLOWER, WATERMELON, TURKEY &amp; HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>	<p>23) ROAST TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, GARLIC &amp; CHIVE MASHED POTATOES, PEAS &amp; CARROTS, PUMPKIN PIE, ROAST BEEF &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, ITALIAN PASTA SALAD.</p>		
<p>28) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, APPLESAUCE WITH CINNAMON, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.</p>	<p>29) OVEN BAKED CHICKEN LEG &amp; THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, CHOCOLATE PUDDING, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING &amp; CRACKERS</p>	<p>30) STUFFED BELL PEPPERS, GARLIC &amp; CHIVE MASHED POTATOES, PEAS WITH ONIONS AND PIMENTOS, FRESH PEAR, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CONFETTI SLAW.</p>		<p style="text-align: center;"><b>PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</b></p>

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