






FEBRUARY 2019 MEALS ON WHEELS OF LONG BEACH FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">PLEASE CALL YOUR SITE MANAGER <u>BEFORE</u> 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p>			<p>1) TURKEY LASAGNA, DINNER ROLL, ZUCCHINI MEDLEY, CHOCOLATE PUDDING, ENTRÉE COBB SALAD WITH TURKEY, HAM, EGG, CHEESE, BACON TOMATO WITH BLUE CHEESE DRESSING AND CRACKERS.</p>
<p>4) SALISBURY STEAK WITH BROWN GRAVY, MACARONI & CHEESE, SEASONED BROCCOLI, FRESH ORANGE CUTIE, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, CUCUMBER, ONION AND DILL SALAD.</p>	<p>5) TERIYAKI CHICKEN BOWL, STICKY RICE, SESAME BROCCOLI, CARROT CAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>6) CHILI RELLENO CASSEROLE, BLACK BEANS, ZUCCHINI AND TOMATOES, UNSWEETENED APPLE SAUCE, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.</p>	<p>7) ROAST BEEF W/ MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, GREEN BEANS W/ HERBS, AMBROSIA SALAD, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, THREE BEAN SALAD.</p>	<p>8) TUNA NOODLE CASSEROLE, DINNER ROLL, ROASTED BRUSSELS SPROUTS, YOGURT WITH FRUIT, ENTREE CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, RED CABBAGE, CARROTS, ONION, ASIAN DRESSING & CRACKERS.</p>
<p>11) LEMON PEPPER BAKED CHICKEN BREAST, MASHED SWEET POTATOES, GREEN BEANS WITH PIMENTOS, TAPIOCA PUDDING, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET SALAD.</p>	<p>12) WHOLE WHEAT SPAGHETTI W/ MEATBALLS, DINNER ROLL, SEASONED BROCCOLI, SLICED PEACHES, ENTRÉE CHEF'S SALAD W/ TURKEY, HAM, EGG, TOMATO, BACON & BLUE CHEESE DRESSING & CRACKERS.</p>	<p>13) CHICKEN ENCHILADA WITH VERDE SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, CHOCOLATE CAKE, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT AND PINEAPPLE SALAD.</p>	<p>14) CHICKEN WITH CAPERS & CREAM SAUCE, RICE PILAF, PETITE PEAS, RED VELVET CAKE, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR SLAW.</p>	<p>15) TURKEY TETTRAZZINI, BISCUIT, PEAS & CARROTS, FRESH BANANA, ENTRÉE TACO SALAD WITH SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING AND CRACKERS.</p>
<p>18) MOWL B CLOSED</p> <p style="text-align: center;">Happy Presidents Day</p>  <p style="text-align: center;">We're closed for the holiday</p>	<p>19) BREADED FISH WITH MARINARA SAUCE, MACARONI AND CHEESE, MASHED BANANA SQUASH, CHEESE CAKE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, CARROT AND RAISIN SLAW.</p>	<p>20) ROASTED PORK WITH MUSHROOM SAUCE, AU GRATIN POTATOES, ZUCCHINI MEDLEY, COTTAGE CHEESE AND MELON SLICES, ENTRÉE COBB SALAD WITH TURKEY, HAM, EGG, CHEESE, BACON TOMATO WITH BLUE CHEESE DRESSING AND CRACKERS.</p>	<p>21) HOMEMADE MEATLOAF WITH GRAVY, GARLIC & CHIVE MASHED POTATOES, SEASONED GREEN BEANS, FRESH BANANA, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, GERMAN POTATO SALAD.</p>	<p>22) BBQ CHICKEN LEG QUARTER, MASHED SWEET POTATOES, CREAMED SPINACH, CHOCOLATE & VANILLA SWIRL PUDDING, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>25) STUFFED BELL PEPPER, SEASONED OVEN BROWNED POTATOES, PEAS AND CORN, SLICED PEACHES, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, CREAMY COLE SLAW.</p>	<p>26) ROASTED TURKEY WITH GRAVY, CRANBERRY SAUCE, CORN BREAD STUFFING, PETITE PEAS, CARROT CAKE, ENTRÉE COBB SALAD WITH TURKEY, HAM, EGG, CHEESE, BACON TOMATO W/ BLUE CHEESE DRESSING AND CRACKERS.</p>	<p>27) BEEF STROGANOFF, BROWN & WILD RICE, LEMON PEPPER GREEN BEANS, OATMEAL COOKIES, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR SLAW.</p>	<p>28) OVEN BAKED CHICKEN BREAST WITH MOLE SAUCE, SPANISH RICE, PINTO BEANS, TANGERINE, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</p>	

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