


MARCH 2020 MEALS ON WHEELS OF LONG BEACH MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, PEAS AND CARROTS, AMBROSIA SALAD, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, CREAMY COLE SLAW.	3) BEEF PICADO, SPANISH RICE, BLACK BEANS, FRESH ORANGE, ENTRÉE GREEK CHICKEN SALAD W/ RED BELL PEPPER, RED ONION, BLACK OLIVES, CUCUMBER, CHERRY TOMATOES, DRESSING & CRACKERS.	4) VEGETARIAN LASAGNA, WHOLE GRAIN DINNER ROLL, TUSCAN BEANS, SLICED PEACHES, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CUCUMBER, ONION & DILL SALAD.	5) SWEET & SOUR CHICKEN, BROWN & WILD RICE, SEASONED BROCCOLI, FRESH BANANA, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, MARINATED CONFETTI SALAD.	6) BAKED FISH WITH TARTER SAUCE, MAC & CHEESE, BRUSSELS SPROUTS, CHEESECAKE, ENTRÉE CHICKEN PASTA SALAD, GREEN, YELLOW & RED BELL PEPPERS BLACK OLIVES, FETA CHEESE, DRESSING & CRACKERS.
9) BBQ CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, PEARS WITH CINNAMON, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, ASIAN COLE SLAW.	10) PORK LOIN WITH HONEY & GARLIC SAUCE, BARLEY PILAF, GREEN BEANS W/ PIMENTO, FRESH BANANA, ENTRÉE CAESAR CHICKEN SALAD W/ ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.	11) CHICKEN CHOP SUEY, BROWN & WILD RICE, ORIENTAL VEGETABLES, CHOCOLATE CAKE, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, THREE BEAN SALAD.	12) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, FRESH ORANGE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE POTATO SALAD.	13) CHILI RELLENO CASSEROLE WITH TOMATO SAUCE, SPANISH RICE, ZUCCHINI MEDLEY, CHOCOLATE CHIP COOKIES, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, BACON AND BLUE CHEESE DRESSING AND CRACKERS.
16) ROASTED PORK LOIN ADOBO, OVEN BROWNED POTATOES, SEASONED BROCCOLI, CHOCOLATE PUDDING, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, ORZO PASTA SALAD.	17) CORNED BEEF, BOILED NEW POTATOES, SEASONED CABBAGE, FRESH BANANA, ENTRÉE PASTA & VEGGIE SALAD WITH CUCUMBERS, CHERRY TOMATOES, BLACK OLIVES, RED ONIONS, DRESSING & CRACKERS.	18) TURKEY CHILI WITH BEANS, CORNBREAD, CALIFORNIA BLENDED VEGETABLES, BAKED APPLE GRANOLA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CARROT AND PINEAPPLE SLAW.	19) ROAST BEEF WITH MUSHROOM GRAVY, AU GRATIN POTATOES, GREEN BEANS WITH PIMENTOS, AMBROSIA SALAD, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLE SLAW.	20) STUFFED BELL PEPPER, RICE PILAF, BROCCOLI & CAULIFLOWER, FRESH BANANA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.
23) HERB RUBBED PORK ROAST WITH HONEY MUSTARD SAUCE, CORNBREAD STUFFING, CARROTS WITH HERBS, TAPIOCA PUDDING, EGG SALAD SANDWICH WITH SPINACH & TOMATO, MARINATED BEET SALAD.	24) OVEN BAKED CHICKEN LEG & THIGH, MACARONI & CHEESE, CALIFORNIA BLENDED VEGETABLES, TROPICAL FRUIT CUP, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING & CRACKERS.	25) WHOLE GRAIN SPAGHETTI WITH MEATBALLS IN MARINARA SAUCE, DINNER ROLL, LEMON PEPPER BROCCOLI, CANTALOUPE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLE SLAW.	26) CHICKEN ENCHILADA WITH RED SAUCE, BLACK BEANS, ZUCCHINI & TOMATOES, VANILLA PUDDING, HAM, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, MARINATED CONFETTI SALAD.	27) TUNA NOODLE CASSEROLE, SEASONED CARROTS, BRUSSELS SPROUTS, AMBROSIA SALAD, ENTRÉE CAESAR CHICKEN SALAD W/ ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.
30) SALISBURY STEAK WITH MUSHROOM GRAVY, AU GRATIN POTATOES, MIXED VEGETABLES, JELLO WITH PINEAPPLE, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, CARROT AND RAISIN SLAW.	31) BEEF LASAGNA, GREEN BEANS WITH PIMENTO, SEASONED BROCCOLI, TROPICAL FRUIT CUP, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.	 <p>Everyone's Irish On March 17th.</p>		PLEASE CALL YOUR SITE MANAGER BEFORE 9:00AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000

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