




SEPTEMBER 2020 MEALS ON WHEELS OF LONG BEACH SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) 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.	2) SPAGHETTI MARINARA WITH MEATBALLS, WHOLE GRAIN ROLL SEASONED BROCCOLI, WATERMELON, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLESLAW.	3) ROAST TURKEY WITH SAGE GRAVY, HERB & CORNBREAD STUFFING, BRUSSELS SPROUTS, FRESH BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.	4) CURRY CHICKEN, BROWN & WILD RICE. ZUCCINI MEDLEY, FRESH ORANGE, ENTRÉE CHICKEN TACO SALAD, TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS.
	8) OVEN BAKED HERB CHICKEN LEG & THIGH, AU GRATIN POTATOES, SEASONED CARROTS, VANILLA AND CHOCOLATE PUDDING, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET SALAD.	9) STUFFED BELL PEPPER, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS WITH PIMENTOS, FRESH PEAR, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY CUCUMBER SALAD.	10) BEEF STROGANOFF, SEASONED EGG NOODLES, ZUCCINI MEDLEY, CAULIFLOWER, MANDARIN ORANGE, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED CUCUMBER AND ONION SALAD.	11) OVEN BAKED BREADED FISH WITH TARTER SAUCE, BARLEY PILAF, SEASONED BROCCOLI, CANTALOUPE, ENTRÉE CAESAR CHICKEN SALAD W/ ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.
14) OVEN BAKED CHICKEN LEG & THIGH WITH MOLE SAUCE, PINTO BEANS, MEXICALI CORN, FRESH ORANGE OR TANGERINE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, CARROT AND RAISIN SLAW.	15) BAKED HAM WITH HONEY GLAZE, MASHED SWEET POTATOES, PEAS WITH ONIONS, UNSWEETENED APPLESAUCE, ENTRÉE TACO SALAD W/ SHEDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.	16) BEEF PICADO, BAKED POTATO WEDGES, LEMON PEPPER BROCCOLI, PINEAPPLE WITH MANGO, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE POTATO SALAD.	17) BAKED ZITI WITH TURKEY, WHOLE GRAIN ROLL, SEASONED CAULIFLOWER, CHEESECAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ASIAN COLESLAW.	18) ROSEMARY CHICKEN BREAST WITH CREAMY GARLIC SAUCE, WILD RICE, SEASONED CARROTS, FRUIT COCKTAIL CUP, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.
21) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, BRUSSELS SPROUTS, OATMEAL COOKIES, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.	22) BBQ CHICKEN LEG & THIGH, OVEN BROWNED POTATOES, MIXED VEGETABLES, FRESH PEAR, VEGGIE PASTA SALAD WITH CUCUMBERS, CHERRY TOMATOES, BLACK OLIVES, RED ONIONS, DRESSING AND CRACKERS.	23) OVEN ROASTED PORK LOIN WITH HONEY & GARLIC SAUCE, BARLEY PILAF, PEAS & ONIONS, CAKE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, MARINATED CONFETTI SALAD.	24) CHICKEN CHOP SUEY, BROWN & WILD RICE, ORIENTAL VEGETABLES, FRESH CANTALOUPE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, THREE BEAN SALAD.	25) BEEF STEW WITH POTATOES, CELERY & CARROTS AND CORN, CORNBREAD, FRESH ORANGE, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.
28) CHICKEN MAC AND CHEESE, SEASONED CARROTS, GREEN BEANS WITH PIMENTOS, PEACHES IN A CUP, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.	29) PORK LOIN WITH APPLE BERRY SAUCE, BROWN RICE, ZUCCINI MEDLEY, CHOCOLATE PUDDING, ENTRÉE CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.	30) HOMEMADE SALISBURY STEAK WITH MUSHROOM GRAVY, MASHED SWEET POTATOES, BRUSSELS SPROUTS, FRESH PEACH OR PLUM, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, CREAMY COLESLAW.		<p>PLEASE CALL YOUR SITE MANAGER BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p>

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