



OCTOBER 2020 MEALS ON WHEELS OF LONG BEACH OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>PLEASE CALL YOUR SITE MANAGER BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p>		<p>1) TURKEY CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, CUBED WATERMELON, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CUCUMBER, RED ONION AND DILL SALAD</p>	<p>2) OVEN BAKED BREADED FISH WITH TARTER SAUCE, BARLEY PILAF, SEASONED BROCCOLI, FRESH BANANA, ENTRÉE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING</p>
<p>5) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, CREAMED SPINACH, WALDORF SALAD, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, ITALIAN PASTA SALAD.</p>	<p>6) TUNA NOODLE CASSEROLE, SEASONED CARROTS, BRUSSELS SPROUTS, CAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING, CRACKERS.</p>	<p>7) LEMON PEPPER CHICKEN BREAST, BROWN & WILD RICE, GREEN BEAN ALMANDINE, FRESH MANDARIN, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, GERMAN POTATO SALAD.</p>	<p>8) SPAGHETTI MARINARA WITH MEATBALLS, WHOLE GRAIN ROLL, SEASONED BROCCOLI, WATERMELON, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLESLAW.</p>	<p>9) CHICKEN ENCHILADA WITH RED SAUCE, PINTO BEANS, CAULIFLOWER, SUGAR COOKIES, ENTRÉE CAESAR CHICKEN SALAD W/ ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>
<p>12) OVEN ROASTED PORK LOIN WITH HONEY MUSTARD SAUCE, BARLEY PILAF, PEAS & ONIONS, VANILLA PUDDING, TUNA SALAD SANDWICH WITH SPINACH, TOMATO AND PICKLE, MARINATED CONFETTI SALAD.</p>	<p>13) 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.</p>	<p>14) BEEF LASAGNA, WHOLE GRAIN ROLL, BROCCOLI & CAULIFLOWER, CHOCOLATE CAKE, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, BEET AND ONION SALAD.</p>	<p>15) ROAST TURKEY WITH SAGE GRAVY, HERB & CORNBREAD STUFFING, BRUSSELS SPROUTS, FRESH BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.</p>	<p>16) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, MASHED SWEET POTATOES, MIXED VEGETABLES, CHICKEN TACO SALAD, TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS.</p>
<p>19) BEEF TERIYAKI, BROWN & WILD RICE, ORIENTAL VEGETABLES, FRESH PLUM OR PEACH, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>20) OVEN BAKED HERB CHICKEN LEG & THIGH, OVEN BROWNED POTATOES, PEAS & CARROTS, VANILLA CHOCOLATE PUDDING, VEGGIE PASTA SALAD WITH CUCUMBERS, CHERRY TOMATOES, BLACK OLIVES, RED ONIONS, DRESSING AND CRACKERS.</p>	<p>21) STUFFED BELL PEPPER, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS WITH PIMENTOS, FRESH PEAR, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY CUCUMBER SALAD.</p>	<p>22) BEEF STROGANOFF, SEASONED EGG NOODLES, ZUCCHINI MEDLEY, SEASONED CAULIFLOWER, MANDARIN ORANGE, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.</p>	<p>23) CHILI RELLENO CASSEROLE WITH TOMATO SAUCE, SPANISH RICE, BLACK BEANS, CANTALOUPE, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>
<p>26) OVEN BAKED CHICKEN LEG & THIGH WITH MOLE SAUCE, PINTO BEANS, MEXICALI CORN, FRESH ORANGE OR TANGERINE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, CARROT AND RAISIN SLAW.</p>	<p>27) PORK LOIN WITH APPLE BERRY SAUCE, BROWN RICE, ZUCCHINI MEDLEY, CHOCOLATE PUDDING, ENTRÉE CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>	<p>28) BEEF PICADO, SPANISH RICE, LEMON PEPPER BROCCOLI, PINEAPPLE WITH MANGO, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE POTATO SALAD.</p>	<p>29) BAKED ZITI WITH TURKEY, WHOLE GRAIN ROLL, SEASONED CAULIFLOWER, CHEESECAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ASIAN COLESLAW.</p>	<p>30) 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.</p>

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