







NOVEMBER 2020 MEALS ON WHEELS OF LONG BEACH NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, MASHED SWEET POTATOES, MIXED VEGETABLES, OATMEAL COOKIES, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, THREE BEAN SALAD	3) BBQ CHICKEN LEG & THIGH, SEASONED POTATOES, MIXED VEGETABLES, YOGURT WITH FRUIT, VEGGIE PASTA SALAD WITH CUCUMBERS, CHERRY TOMATOES, BLACK OLIVES, RED ONIONS, DRESSING AND CRACKERS.	4) OVEN ROASTED PORK LOIN WITH HONEY MUSTARD SAUCE, BARLEY PILAF, PEAS & ONIONS, VANILLA PUDDING, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLE SLAW.	5) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN & WILD RICE, ORIENTAL VEGETABLES, FRESH CANTALOUPE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR PASTA SALAD.	6) BEEF STEW WITH POTATOES, CELERY, ONIONS, CARROTS & CORN, BISCUIT, FRESH ORANGE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
9) OVEN BAKED HERB CHICKEN LEG & THIGH, AU GRATIN POTATOES, SEASONED CARROTS, PEACHES, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.	10) PORK LOIN WITH APPLE BERRY SAUCE, BROWN RICE, ZUCCHINI MEDLEY, CHEF'S SPECIAL CAKE, ENTRÉE CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.	<p>CLOSED – NO DELIVERY</p>  <p>THANK YOU VETERANS!</p>	12) TURKEY CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, APPLE SAUCE, CHICKEN SALAD SANDWICH WITH SPINACH, TOMATO AND PICKLE, CUCUMBER, RED ONION AND DILL SALAD	13) BAKED BREADED FISH WITH TARTER SAUCE, MACARONI & CHEESE, SEASONED BROCCOLI, TAPIOCA PUDDING, ENTRÉE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING
16) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, CREAMED SPINACH, WALDORF SALAD, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, ITALIAN PASTA SALAD.	17) TURKEY A LA KING, BISCUIT, BRUSSELS SPROUTS, CHEESECAKE, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.	18) CURRY CHICKEN, BROWN & WILD RICE. GREEN BEAN ALANDINE, FRESH ORANGE, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE POTATO SALAD.	19) SPAGHETTI MARINARA WITH MEATBALLS, WHOLE GRAIN ROLL, SEASONED BROCCOLI, WATERMELON, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLESLAW.	20) BEEF STROGANOFF, SEASONED EGG NOODLES, ZUCCHINI MEDLEY, SEASONED CAULIFLOWER, YOGURT WITH FRUIT, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS
23) OVEN ROASTED PORK LOIN WITH HONEY MUSTARD SAUCE, BARLEY PILAF, BRUSSELS SPROUTS, VANILLA PUDDING, TUNA SALAD SANDWICH WITH SPINACH, TOMATO AND PICKLE, MARINATED CONFETTI SALAD.	24) STUFFED BELL PEPPER, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS WITH PIMENTOS, YOGURT WITH BERRIES, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	25) ROAST TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, GARLIC & CHIVE MASHED POTATOES, PEAS & CARROTS, PUMPKIN PIE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.	<p>CLOSED – NO DELIVERY</p> 	<p>CLOSED – NO DELIVERY</p> 
30) BEEF TERIYAKI, BROWN & WILD RICE, ORIENTAL VEGETABLES, TROPICAL FRUIT CUP, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.			<p>Additional Thanksgiving meals are available by calling your site manager by Nov. 19th</p> 	<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 *