






JANUARY 2021 MEALS ON WHEELS OF LONG BEACH JANUARY 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p>PLEASE CALL YOUR SITE MANAGER BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p> |  |  |  | <p>CLOSED-NO DELIVERY</p>  |
| <p>4) HERB ROASTED PORK LOIN WITH HONEY-MUSTARD SAUCE, MACARONI & CHEESE, ZUCCHINI MEDLEY, PINEAPPLE WITH MANGO, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p> | <p>5) CHICKEN NOODLE CASSEROLE WITH PEAS AND CARROTS, BISCUIT, GREEN BEANS WITH PIMENTOS, YOGURT WITH BERRIES, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p> | <p>6) BEEF LASAGNA, WHOLE GRAIN ROLL, SEASONED BROCCOLI & CAULIFLOWER, BAKED APPLE WITH GRANOLA, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLE SLAW.</p> | <p>7) ROASTED TURKEY WITH SAGE GRAVY, HERB WHOLE GRAIN STUFFING, BRUSSELS SPROUTS, FRESH BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.</p> | <p>8) CHILI RELLENO CASSEROLE, SPANISH RICE, PINTO BEANS, FRESH ORANGE, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS</p> |
| <p>11) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, APPLESAUCE WITH CINNAMON, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.</p> | <p>12) OVEN BAKED CHICKEN LEG & THIGH, MASHED SWEET POTATOES, CAULIFLOWER, VANILLA CHOCOLATE SWIRL PUDDING, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p> | <p>13) STUFFED BELL PEPPERS, GARLIC & CHIVE MASHED POTATOES, PEAS WITH ONIONS AND PIMENTOS, FRESH PEAR, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR PASTA SALAD.</p> | <p>14) BEEF STROGANOFF, SEASONED EGG NOODLES, ZUCCHINI MEDLEY, SEASONED CARROTS, MANDARIN ORANGES, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CUCUMBER, RED ONION AND DILL SALAD.</p> | <p>15) OVEN BAKED BREADED FISH WITH TARTER SAUCE, BARLEY PILAF, MIXED VEGETABLES, CANTALOUPE, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p> |
| <p>18) CLOSED-NO DELIVERY</p> <div style="text-align: center;">  </div> | <p>19) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, CHEESECAKE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD</p> | <p>20) BEEF PICADO, SPANISH RICE, BLACK BEANS, CHEF'S SPECIAL CAKE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT AND RAISIN SALAD.</p> | <p>21) BAKED ZITI WITH TURKEY, PEAS & CARROTS, GREEN BEANS WITH PIMENTOS, JELLO WITH FRUIT, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CONFETTI SLAW</p> | <p>22) ROSEMARY CHICKEN BREAST WITH CREAMY GARLIC SAUCE, OVEN ROASTED POTATOES, BRUSSELS SPROUTS, FRUIT COCKTAIL, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p> |
| <p>25) HOMEMADE MEATLOAF WITH BROWN GRAVY, AU GRATIN POTATOES, GREEN BEANS WITH PIMENTOS, OATMEAL COOKIES, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, CREAMY COLESLAW</p> | <p>26) BBQ CHICKEN LEG & THIGH, MACARONI & CHEESE, MIXED VEGETABLES, PEARS WITH CINNAMON, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p> | <p>27) OVEN ROASTED PORK LOIN WITH APPLE BERRY SAUCE, BARLEY PILAF, PEAS & ONIONS, FRESH BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.</p> | <p>28) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN RICE, ORIENTAL VEGETABLES, VANILLA PUDDING, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ASIAN COLE SLAW.</p> | <p>29) BEEF STEW WITH POTATOES, CELERY, CARROTS & CORN, WHOLE GRAIN ROLL, BRUSSELS SPROUTS, FRESH ORANGE, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p> |

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