





MAY 2021 MEALS ON WHEELS OF LONG BEACH MAY 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 3) ROAST BEEF WITH MUSHROOM GRAVY, AU GRATIN POTATOES, PEAS WITH ONIONS, WALDORF SALAD, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET & ONION SALAD. | 4) OVEN BAKED HERBED CHICKEN BREAST W/ CREAM GRAVY, BROWN & WILD RICE, BRUSSELS SPROUTS, FRUIT COCKTAIL, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS. | 5) HOMEMADE MEATLOAF WITH BROWN GRAVY, MAC & CHEESE, GREEN BEANS WITH PIMENTOS, CANTALOUPE, CHEFS SPECIAL CAKE, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, GERMAN POTATO SALAD. | 6) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, CHEESECAKE, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, ITALIAN PASTA SALAD. | 7) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, MANDARINS, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS |
| 10) HERB ROASTED PORK LOIN WITH HONEY MUSTARD SAUCE, MASHED SWEET POTATOES, ZUCCHINI MEDLEY, PINEAPPLE WITH MANGO, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD. | 11) 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. | 12) SALISBURY STEAK WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, SEASONED BROCCOLI, BAKED APPLE WITH GRANOLA, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLE SLAW. | 13) ROASTED TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, BRUSSELS SPROUTS, FRESH BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD. | 14) CURRY CHICKEN, BROWN & WILD RICE, ZUCCHINI WITH TOMATOES, FRESH ORANGE, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS. |
| 17) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, APPLESAUCE WITH CINNAMON, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD. | 18) OVEN BAKED CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, CHEESECAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS. | 19) 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. | 20) 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. | 21) SALMON WITH LEMON DILL SAUCE, BARLEY PILAF, MIXED VEGETABLES, CANTALOUPE, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS. |
| 24) OVEN BAKED CHICKEN BREAST WITH LEMON PEPPER SAUCE, MASHED SWEET POTATOES, SEASONED BROCCOLI, FRESH ORANGE, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, CARROT & RAISIN SALAD. | 25) PORK LOIN WITH APPLE BERRY SAUCE, CREAMY NOODLES, PEAS & ONIONS, VANILLA PUDDING, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS. | 26) BEEF PICADO, SPANISH RICE, BLACK BEANS, CHEF'S SPECIAL CAKE, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, MARINATED BEET & ONION SALAD. | 27) BAKED ZITI WITH TURKEY, WHOLE GRAIN ROLL, GREEN BEANS WITH PIMENTOS, JELLO WITH FRUIT, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CONFETTI SLAW | 28) 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. |
| 31) CLOSED – NO DELIVERY  |  |  |  | PLEASE CALL YOUR SITE MANAGER BEFORE 9:00 AM 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 *