




JULY 2021 MEALS ON WHEELS OF LONG BEACH JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">PLEASE CALL CARON ADLER BEFORE 9:00am TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000, # 1</p>			<p>1) BAKED ZITI WITH TURKEY, WHOLE GRAIN ROLL, GREEN BEANS WITH PIMENTOS, CHEESECAKE, ROAST BEEF & CHEESE SANDWICH WITH SPINACH, TOMATO & PICKLE, CONFETTI SLAW</p>	<p>2) ROSEMARY CHICKEN BREAST WITH CREAMY GARLIC SAUCE, ROASTED POTATOES, BRUSSELS SPROUTS, FRUIT COCKTAIL, SPINACH SALAD w/ CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>5) CLOSED-NO DELIVERY</p> 	<p>6) BBQ CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, PEARS WITH CINNAMON, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD</p>	<p>7) OVEN BAKED BREADED FISH WITH TARTER SAUCE, OVEN BROWNED POTATOES, PEAS AND CARROTS, FRESH BANANA, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLE SLAW.</p>	<p>8) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN RICE, ORIENTAL VEGETABLES, FRESH CANTALOUPE, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ASIAN COLE SLAW.</p>	<p>9) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, FRESH ORANGE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>12) OVEN BAKED HERBED CHICKEN BREAST, MACARONI & CHEESE, MIXED VEGETABLES, PEACHES, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET & ONION SALAD.</p>	<p>13) PORK LOIN WITH APPLE BERRY SAUCE, SEASONED CREAMY NOODLES, PEAS & ONIONS, CHOCOLATE PUDDING, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>14) 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.</p>	<p>15) TURKEY CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, WATERMELON, ROAST BEEF AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, CUCUMBER, RED ONION AND DILL SALAD</p>	<p>16) SALMON WITH LEMON DILL SAUCE, MUSHROOM & BARLEY PILAF, ZUCCHINI WITH TOMATOES, FRESH BANANA, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>
<p>19) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, BROCCOLI & CAULIFLOWER, FRESH PLUM, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, CARROT & RAISIN SALAD.</p>	<p>20) CHICKEN NOODLE CASSEROLE WITH PEAS AND CARROTS, BISCUIT, BRUSSELS SPROUTS, CHEF'S SPECIAL CAKE, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>	<p>21) OVEN BAKED CHICKEN BREAST WITH LEMON CAPER SAUCE, MASHED SWEET POTATOES, GREEN BEAN ALMANDINE, MANDARIN ORANGE, HAM & CHEESE SANDWICH WITH SPINACH, TOMATO & PICKLE, ASIAN COLE SLAW.</p>	<p>22) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, TAPIOCA PUDDING, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET SALAD.</p>	<p>23) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, SUGAR COOKIES, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS</p>
<p>26) HERB ROASTED PORK LOIN W/ HONEY MUSTARD SAUCE, AU GRATIN POTATOES, ZUCCHINI MEDLEY, PINEAPPLE WITH MANGO, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>27) TURKEY A LA KING, BISCUIT, GREEN BEANS WITH PIMENTOS, YOGURT WITH BERRIES, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>	<p>28) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI & CAULIFLOWER, CUBED WATERMELON, TURKEY, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, MACARONI SALAD.</p>	<p>29) ROASTED TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, BRUSSELS SPROUTS, CHOCOLATE CAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CONFETTI SLAW.</p>	<p>30) POLISH SAUSAGE WITH SAUTED ONIONS & RED BELL PEPPERS, BAKED BEANS, MIXED VEGETABLES, FRESH BANANA, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>

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