






NOVEMBER 2021 MEALS ON WHEELS OF LONG BEACH NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) HOMEMADE MEATLOAF WITH BROWN GRAVY, GARLIC & CHIVE MASHED POTATOES, GREEN BEANS WITH PIMENTOS, OATMEAL COOKIES, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.	2) BBQ CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, PEARS W/CINNAMON, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS.	3) HERB ROASTED PORK LOIN WITH HONEY MUSTARD SAUCE, AU GRATIN POTATOES, ZUCCHINI MEDLEY, BANANA, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & RAISIN SALAD.	4) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN RICE, ORIENTAL VEGETABLES, FRESH CANTALOUPE, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, THREE BEAN SALAD.	5) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, FRESH ORANGE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
8) OVEN BAKED HERBED CHICKEN BREAST WITH HONEY GARLIC SAUCE, BARLEY PILAF, MIXED VEGETABLES, PEACHES, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET & ONION SALAD.	9) OVEN ROASTED PORK WITH APPLE BERRY SAUCE, BROWN RICE, ZUCCHINI MEDLEY, CHOCOLATE PUDDING, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.	10) SALISBURY STEAK WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, SEASONED BROCCOLI, BAKED APPLE WITH GRANOLA, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, COLESLAW.	11) CLOSED – NO DELIVERY 	12) OVEN BAKED BREADED FISH WITH TARTER SAUCE, OVEN BROWNED POTATOES, PEAS AND CARROTS, SUGAR COOKIES, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CAESAR DRESSING, CRACKERS.
15) ROAST BEEF WITH MUSHROOM GRAVY, MASHED SWEET POTATOES, CREAMED SPINACH, CHEESECAKE, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.	16) CHICKEN NOODLE CASSEROLE, SEASONED CARROTS, GREEN BEANS WITH PIMENTOS, CANTALOUPE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	17) ROSEMARY CHICKEN BREAST W/CREAMY GARLIC SAUCE, MASHED SWEET POTATOES, BRUSSELS SPROUTS, MANDARIN ORANGE, TURKEY, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, MACARONI SALAD.	18) SWEDISH MEATBALLS WITH GARLIC CREAM SAUCE, EGG NOODLES, SEASONED BROCCOLI, MEXICALI CORN, FRESH PLUM, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLESLAW.	19) POLISH SAUSAGE WITH SAUTEED ONIONS & RED BELL PEPPERS, BAKED BEANS, LEMON PEPPER BROCCOLI, CHEESECAKE, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS.
22) CHICKEN TETRAZINI, RICE PILAF, GREEN BEANS WITH PIMENTOS, VANILLA PUDDING, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, CUCUMBER, ONION AND TOMATO SALAD.	23) BEEF STROGANOFF, SEASONED EGG NOODLES, ZUCCHINI MEDLEY, SEASONED CAULIFLOWER, APPLESAUCE, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	24) ROAST TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, GARLIC & CHIVE MASHED POTATOES, PEAS & CARROTS, PUMPKIN PIE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ITALIAN PASTA SALAD.	25) CLOSED – NO DELIVERY 	26) CLOSED – NO DELIVERY 
29) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, APPLESAUCE WITH CINNAMON, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.	30) CURRY CHICKEN, BROWN & WILD RICE, ZUCCHINI WITH TOMATOES, MAPLE BAKED PEARS, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.			PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1

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