


OCTOBER 2021 MEALS ON WHEELS OF LONG BEACH OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</p>				<p>1) OVEN BAKED BREADED FISH WITH TARTER SAUCE, RICE PILAF, PEAS AND CARROTS, FRESH BANANA, SPINACH SALAD w/ CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>4) ROAST BEEF WITH MUSHROOM GRAVY, MASHED SWEET POTATOES, CREAMED SPINACH, SUGAR COOKIES, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD</p>	<p>5) TUNA NOODLE CASSEROLE, SEASONED CARROTS, BRUSSELS SPROUTS, CANTALOUPE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>	<p>6) LEMON PEPPER CHICKEN BREAST, BROWN & WILD RICE, GREEN BEAN ALMANDINE, MANDARIN ORANGES, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, TRICOLOR PASTA SALAD.</p>	<p>7) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, MAPLE BAKED PEARS, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET SALAD.</p>	<p>8) CHILI RELLENO CASSEROLE, SPANISH RICE, BLACK BEANS, HONEYDEW, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.</p>
<p>11) HERB ROASTED PORK LOIN WITH HONEY MUSTARD SAUCE, AU GRATIN POTATOES, ZUCCHINI MEDLEY, PINEAPPLE & MANGO, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, CARROT & RAISIN SALAD.</p>	<p>12) TURKEY A LA KING, BISCUIT, GREEN BEANS WITH PIMENTOS, YOGURT WITH BERRIES, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.</p>	<p>13) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI & CAULIFLOWER, CUBED WATERMELON, TURKEY, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, MACARONI SALAD.</p>	<p>14) OVEN ROASTED TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, BRUSSELS SPROUTS, CHEESECAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.</p>	<p>15) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, SUGAR COOKIES, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>
<p>18) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, APPLESAUCE WITH CINNAMON, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD</p>	<p>19) BBQ CHICKEN LEG & THIGH, MASHED SWEET POTATOES, SEASONED BROCCOLI, VANILLA PUDDING, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS</p>	<p>20) STUFFED BELL PEPPERS, GARLIC & CHIVES MASHED POTATOES, GREEN BEANS WITH PIMENTOS, FRESH PEAR, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ASIAN COLE SLAW.</p>	<p>21) POLISH SAUSAGE WITH SAUERKRAUT, BAKED BEANS, BROCCOLI & CAULIFLOWER, GERMAN CHOCOLATE CAKE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, GERMAN POTATO SALAD.</p>	<p>22) BAKED SALMON WITH LEMON DILL SAUCE, BARLEY PILAF, MIXED VEGETABLES, CUBED CANTALOUPE, SPINACH SALAD w/ CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>
<p>25) OVEN BAKED CHICKEN MOLE (LEG & THIGH), PINTO BEANS, SEASONED BROCCOLI, FRESH ORANGE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.</p>	<p>26) 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.</p>	<p>27) BEEF PICADO, SPANISH RICE, BLACK BEANS, PINEAPPLE WITH MANGO, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, HOMEMADE POTATO SALAD.</p>	<p>28) BAKED ZITI WITH TURKEY, WHOLE GRAIN ROLL, GREEN BEANS WITH PIMENTOS, CHEESECAKE, ROAST BEEF & CHEESE SANDWICH WITH SPINACH, TOMATO & PICKLE, CONFETTI SLAW</p>	<p>29) ROSEMARY CHICKEN BREAST W/CREAMY GARLIC SAUCE, MASHED SWEET POTATOES, BRUSSELS SPROUTS, FRUIT COCKTAIL, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.</p>

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