





# JANUARY 2022 MEALS ON WHEELS OF LONG BEACH JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) 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.	4) CHICKEN NOODLE CASSEROLE WITH PEAS AND CARROTS, BISCUIT, GREEN BEANS WITH PIMENTOS, FRUIT YOGURT, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.	5) BEEF LASAGNA, WHOLE GRAIN ROLL, SEASONED BROCCOLI & CAULIFLOWER, BAKED APPLE WITH GRANOLA, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CREAMY COLE SLAW.	6) ROASTED TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, BRUSSELS SPROUTS, FRESH BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE MACARONI SALAD.	7) CHILI RELLENO CASSEROLE, SPANISH RICE, PINTO BEANS, FRESH ORANGE, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS
10) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, APPLESAUCE WITH CINNAMON, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.	11) HERB ROASTED CHICKEN BREAST WITH HONEY GARLIC SAUCE, MASHED SWEET POTATOES, CAULIFLOWER, VANILLA PUDDING, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.	12) 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.	13) 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.	14) OVEN BAKED BREADED FISH WITH TARTER SAUCE, BARLEY PILAF, MIXED VEGETABLES, CANTALOUPE, CHICKEN CAESAR SALAD, LETTUCE, CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.
17) CLOSED-NO DELIVERY  	18) TURKEY VEGETABLE STEW WITH POTATOES, ONIONS, CELERY AND CARROTS, BISCUIT, CHEESECAKE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD	19) BEEF PICADO, SPANISH RICE, BLACK BEANS, CHEF'S SPECIAL CAKE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TOMATO WITH CUCUMBER AND RED ONION SALAD.	20) BAKED ZITI WITH TURKEY, PEAS & CARROTS, GREEN BEANS WITH PIMENTOS, JELLO, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CONFETTI SLAW	21) ROSEMARY CHICKEN BREAST WITH CREAMY GARLIC SAUCE, OVEN ROASTED POTATOES, BRUSSELS SPROUTS, FRUIT COCKTAIL, SPINACH SALAD w/ CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA, VINAIGRETTE DRESSING & CRACKERS.
24) HOMEMADE MEATLOAF WITH BROWN GRAVY, AU GRATIN POTATOES, GREEN BEANS WITH PIMENTOS, OATMEAL COOKIES, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, CARROT AND RAISIN SALAD.	25) BBQ CHICKEN LEG & THIGH, MACACONI & CHEESE, MIXED VEGETABLES, PEARS WITH CINNAMON, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.	26) OVEN ROASTED PORK LOIN WITH APPLE BERRY SAUCE, BARLEY PILAF, PEAS & ONIONS, FRESH BANANA, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE POTATO SALAD.	27) HAWAIIAN CHICKEN WITH PINEAPPLE, BROWN RICE, ORIENTAL VEGETABLES, VANILLA PUDDING, HAM, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ASIAN COLE SLAW.	28) BEEF STEW WITH POTATOES, CELERY, CARROTS & CORN, WHOLE GRAIN ROLL, FRESH ORANGE, ENTRÉE TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.
31) OVEN BAKED HERB CHICKEN LEG & THIGH, OVEN BROWNED POTATOES, CAULIFLOWER, PEACHES, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.				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 \*