





NOVEMBER 2017 MEALS ON WHEELS OF LONG BEACH NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">PLEASE CALL YOUR SITE MANAGER <u>BEFORE</u> 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p>	<p>1) HOMEMADE SALISBURY STEAK W/ BROWN GRAVY, BROWN & WILD RICE, GREEN BEANS, PINEAPPLE CHUNKS, TUNA SALAD SANDWICH WITH LETTUCE & TOMATO, HOMEMADE POTATO SALAD.</p>	<p>2) BREADED OVEN BAKED FISH WITH TARTAR SAUCE, MACARONI AND CHEESE, BANANA SQUASH, RICE PUDDING, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR SLAW.</p>	<p>3) STUFFED BELL PEPPER, OVEN BROWNED POTATOES, STEAMED CARROTS, CHOCOLATE CAKE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.</p>
<p>6) CREAMY TUNA PASTA CASSEROLE, WHEAT DINNER ROLL, STEAMED BROCCOLI, PINEAPPLE UPSIDE DOWN CAKE, TURKEY, HAM AND CHEESE DELI SANDWICH W/LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.</p>	<p>7) CHICKEN BREAST WITH MUSHROOM SAUCE, MASHED SWEET POTATOES, PEAS AND CARRTOS, PEACHES, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.</p>	<p>8) HOMEMADE MEATLOAF WITH BROWN GRAVY, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS, AMBROSIA SALAD, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CARROT AND RASIN SALAD</p>	<p>9) BBQ CHICKEN LEG QUARTER, AU GRATIN POTATOES, CALIFORNIA BLEND VEGETABLES, VANILLA & CHOCOLATE SWIRL PUDDING, EGG SALAD SANDWICH WITH LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.</p>	<p>10) MOWL B CLOSED VETERANS DAY</p> 
<p>13) TERIYAKI CHICKEN BREAST, BROWN & WILD RICE, ORIENTAL VEGETABLES, CANTALOPE CHUNKS, ROAST BEEF, TURKEY AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, ORZO PASTA SALAD.</p>	<p>14) TURKEY STEW WITH POTATOES, ONIONS, CELERY AND CARROTS, BISCUIT, CHOCOLATE PUDDING, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.</p>	<p>15) OVEN BAKED PARMESAN FISH, MASHED SWEET POTATOES, PEPPERS AND ONIONS, CARROT CAKE, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE GERMAN POTATO SALAD.</p>	<p>16) MEAT LASAGNA, DINNER ROLL, ZUCCHINI MEDLEY, TAPIOCA PUDDING, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CREAMY COLE SLAW.</p>	<p>17) SMOTHERED PORK CHOP, MACARONI AND CHEESE, GREEN BEANS, FRESH ORANGE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS</p>
<p>20) TURKEY CHILI, OVEN BROWNED POTATOES, STEAMED BROCCOLI, TROPICAL FRUIT WIITH YOGURT, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW.</p>	<p>21) HONEY GLAZED HAM, MASHED SWEET POTATOES, ZUCCHINI AND TOMATOES, JELL-O WITH PINEAPPLE CHUNKS, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING</p>	<p>22) ROAST TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, GARLIC AND CHIVE MASHED POTATOES, PEAS AND CARROTS, PUMPKIN PIE, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ITALIAN PASTA SALAD.</p>	<p>23) MOWL B CLOSED</p> 	<p>24) MOWL B CLOSED</p> 
<p>27) CHICKEN ENCHILADA VERDE CASSEROLE, SPANISH RICE, MEXICALI CORN, RICE PUDDING, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW</p>	<p>28) BEEF & LENTIL STEW WITH CELERY, ONIONS, POTATOES AND CARROTS, BISCUIT, CARROT CAKE ENTRÉE COBB SALAD WITH TURKEY, HAM, EGG, CHEESE, BACON TOMATO WITH BLUE CHEESE DRESSING AND CRACKERS.</p>	<p>29) HERB RUBBED ROAST PORK WITH MUSTARD SAUCE BROWN AND WILD RICE, ZUCCHINI MEDLEY, TROPICAL FRUIT CUP, TUNA SALAD SANDWICH WITH LETTUCE & TOMATO, HOMEMADE POTATO SALAD.</p>	<p>30) SPAGHETTI WITH MEATBALLS, WHOLE WHEAT DINNER ROLL, CAULIFLOWER & BROCCOLI, PEACHES W/ YOGURT, HAM, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD.</p>	<p align="center">Please contact your Site Manager to order additional meals by 11/21 or 11/22 for the Thanksgiving Holiday weekend</p>

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