



June 2017 **MEALS ON WHEELS OF LONG BEACH** June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p>	<p>1) SALISBURY STEAK WITH MUSHROOM GRAVY, BARLEY AND MUSHROOM PILAF, PEAS AND CARROTS, FRESH BANANA, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR SLAW.</p>	<p>2) TURKEY CHILI, OVEN BROWNED POTATOES, STEAMED BROCCOLI, PINEAPPLE UPSIDE DOWN CAKE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.</p>
<p>5) HOMEMADE MEATLOAF WITH BROWN GRAVY, GARLIC & CHIVE MASHED POTATOES, ZUCCHINI & TOMATO, TROPICAL FRUIT CUP, TURKEY, HAM AND CHEESE DELI SANDWICH W/LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW.</p>	<p>6) BBQ CHICKEN BREASTS, MACARONI AND CHEESE, MEXICALI CORN, VANILLA PUDDING, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>7) BAKED FISH AMANDINE, BROWN AND WILD RICE MEDLEY, STEAMED CARROTS, PEACHES AND STRAWBERRIES WITH YOGURT, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>8) ROAST BEEF W/GRAVY, MASHED SWEET POTATOES, CALIFORNIA BLEND VEGETABELS, CHOCOLATE CAKE, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, CUCUMBER, RED ONION AND DILL SALAD.</p>	<p>9) CHICKEN ENCHALADA VERDE CASSEROLE, PINTO BEANS, BROCCOLI, MANDARIN ORANGE & JICAMA, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.</p>
<p>12) TURKEY VEGETABLE STEW W/CELERY, ONIONS, & CARROTS, CORNBREAD, BAKED MAPLE PEARS, ROAST BEEF, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD.</p>	<p>13) HERB PORK ROAST W/MUSTARD SAUCE, OVEN BROWNED POTATOES, BROCCOLI, CHOCOLATE PUDDING, ENTRÉE TURKEY & HAM COBB SALAD W/EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.</p>	<p>14) SPAGHETTI WITH MEATBALLS, WHOLE WHEAT SPAGHETTI NOODLES, CAULIFLOWER, CARROT CAKE, EGG SALAD SANDWICH WITH LETTUCE & TOMATO, CUCUMBER, CREAMY COLE SLAW.</p>	<p>15) LEMON PEPPER BAKED CHICKEN BREASTS, AU GRATIN POTATOES, GREEN BEANS, RICE PUDDING, CHICKEN SALAD WRAP SANDWICH WITH LETTUCE AND TOMATO, TRI-COLOR SLAW.</p>	<p>16) CHILE RELLENO CASSEROLE, SPANISH RICE, ZUCCHINI MEDLEY, WATERMELON WEDGES, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS</p>
<p>19) SMOTHERED PORK CHOPS, MACARONI AND CHEESE, BRUSSELS SPROUTS, TROPICAL FRUIT WITH YOGURT, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.</p>	<p>20) SHREDDED BEEF TACOS, CORN TORTILLAS, SPANISH RICE, PINTO BEANS. MANGO CHUNKS W/PEARS, CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING</p>	<p>21) OVEN FRIED CHICKEN LEG QUARTER, MASHED SWEET POTATOES, MIXED VEGETABLES, CHOCOLATE CHIP COOKIES, CHINESE CHICKEN SALAD WRAP SANDWICH W/LETTUCE & TOMATO, ITALIAN PASTA SALAD.</p>	<p>22) PEPPER STEAK, OVEN BROWNED POTATOES, BELL PEPPERS AND ONION, JELLO W/ TROPICAL FRUIT, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE POTATO SALAD.</p>	<p>23) ROAST TURKEY, CORNBREAD STUFFING, PEAS & CARROTS, FRESH ORANGE, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING & CRACKERS.</p>
<p>26) BEEF STROGANOFF, EGG NOODLES, CALIFORNIA MIXED VEGETABLES, PINEAPPLE CHUNKS, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW</p>	<p>27) CHICKEN BREASTS W/MOLE SAUCE, BLACK BEANS, ZUCCHINI & TOMATOES, CARROT CAKE ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBERS, FETA CHEESE, VINAIGRETTE DRESSING, & CRACKERS.</p>	<p>28) ROAST PORK WITH SAGE GRAVY, MASHED SWEET POTATOES, BUTTERNUT SQUASH, CANTALOE CHUNKS, TUNA SALAD SANDWICH W/LETTUCE & TOMATO, HOMEMADE POTATO SALAD.</p>	<p>29) STUFFED BELL PEPPER, GARLIC & CHIVE MASHED POTATOES, GREEN BEANS, PEACHES W/ YOGURT, HAM, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD.</p>	<p>30) BAKED PARMESAN FISH, AU GRATIN POTATOES, STEAMED BROCCOLI, CHOCOLATE CAKE, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.</p>

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