


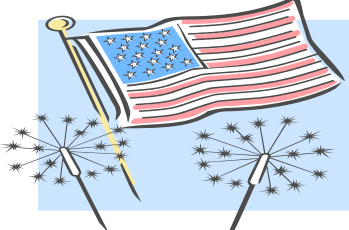


July 2017 MEALS ON WHEELS OF LONG BEACH July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) BBQ CHICKEN LEG QUARTER, POTATO WEDGES, MEXICALI CORN, WATERMELON CHUNKS, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW.	4) MOWLb CLOSED FOR 4 TH OF JULY 	5) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS, AMBROSIA SALAD, TUNA SALAD SANDWICH W/LETTUCE & TOMATO, HOMEMADE POTATO SALAD.	6) PARMESAN BAKED FISH MARINARA SAUCE, BROWN AND WILD RICE PILAF, BROCCOLI, POUND CAKE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR SLAW.	7) BEEF CHILI WITH BEANS, CORN BREAD, ZUCCHINI MEDLEY, TROPICAL FRUIT CUP, ENTRÉE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.
10) MANDARIN SESAME CHICKEN BOWL, BROWN RICE, ORIENTAL VEGETABLES, CHOCOLATE CHIP COOKIES, TURKEY, HAM AND CHEESE DELI SANDWICH W/LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW.	11) BEEF STEW WITH POTATOES, ONIONS, CELERY AND CARROTS, BISCUIT, CHOCOLATE PUDDING, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING AND CRACKERS.	12) ROAST TURKEY WITH SAGE GRAVY, MASHED SWEET POTATOES, MIXED VEGETABLES, FRESH BANANA, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.	13) MEAT LASAGNA, WHITE BEANS, BRUSSELS SPROUTS, JELL-O WITH PINEAPPLE CHUNKS, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, CUCUMBER, RED ONION AND DILL SALAD.	14) BAKED FISH WITH TARTAR SAUCE, MACARONI & CHEESE, PEAS AND CARROTS, VANILLA PUDDING, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.
17) TURKEY CHILI WITH BEANS, CORNBREAD, BROCCOLI, PEACH AND STRAWBERRY YOGURT, ROAST BEEF, TURKEY AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, ORZO PASTA SALAD.	18) BAKED CHICKEN BREASTS WITH DILL SAUCE, BARLEY & MUSHROOM PILAF, ZUCCHINI & TOMATO, JELL-O W/ TROPICAL FRUIT COCKTAIL, ENTRÉE TURKEY & HAM COBB SALAD W/EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.	19) SALISBURY STEAK WITH GRAVY, AU GRATIN POTATOES, CALIFORNIA BLENDED VEGETABLES, PINEAPPLE UPSIDEDOWN CAKE, EGG SALAD SANDWICH WITH LETTUCE & TOMATO, CUCUMBER, CREAMY COLE SLAW.	20) BAKED FISH WITH CILANTRO & LIME SAUCE, SPANISH RICE, MEXICALI CORN, PEACHES WITH COTTAGE CHEESE, CHICKEN SALAD WRAP SANDWICH WITH LETTUCE AND TOMATO, TRI-COLOR SLAW.	21) ROAST BEEF WITH GRAVY, GARLIC AND CHIVE MASHED POTATOES, SUCCOTASH, CHOCOLATE CAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS
24) CHICKEN ENCHILADA VERDE CASSEROLE, LIMA BEANS, CAULIFLOWER, CHOCOLATE AND VANILLA SWIRL PUDDING, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.	25) TURKEY VEGETABLE STEW WITH POTATOES, ONIONS AND CELERY, BISCUIT, MANGO CHUNKS W/ PEARS, ENTRÉE CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.	26) HERB RUBBED ROAST PORK WITH MUSTARD SAUCE, MASHED SWEET POTATOES, ZUCCHINI MEDLEY, CARROT CAKE, CHICKEN SALAD WRAP SANDWICH WITH LETTUCE AND TOMATO, ITALIAN PASTA SALAD.	27) WHOLE WHEAT SPAGHETTI WITH MEATBALLS, CALIFORNIA BLENDED VEGETABLES, CANTALOUPE CHUNKS, TUNA SALAD SANDWICH W/LETTUCE & TOMATO, HOMEMADE POTATO SALAD.	28) LEMON PEPPER BAKED CHICKEN BREASTS, AU GRATIN POTATOES, GREEN BEANS, CHOCOLATE CHIP COOKIES, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING AND CRACKERS.
31) OVEN BAKED FISH WITH TARTAR SAUCE, GARLIC & CHIVE MASHED POTATOES, PEAS & CARROTS, ROAST BEEF, TURKEY & CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, QUINOA SALAD.				PLEASE CALL YOUR SITE MANAGER <u>BEFORE</u> 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 433-0232

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