



MARCH 2018 MEALS ON WHEELS OF LONG BEACH MARCH 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  <p>Everyone's Irish On March 17th.</p> | <p>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p> | <p>1) CHICKEN ENCHILADA CASSEROLE WITH VERDE SAUCE, PINTO BEANS, SPANISH RICE, CUSTARD, TUNA SALAD SANDWICH WITH LETTUCE & TOMATO, HOMEMADE POTATO SALAD.</p> | <p>2) FISH VERACRUZ WITH TOMATO SAUCE, GARLIC & CHIVE MASHED POTATOES, PEAS & CARROTS, FRESH APPLE, ENTREE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.</p> |
| <p>5) ROASTED TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, MIXED VEGETABLES, RICE PUDDING, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.</p> | <p>6) HOMEMADE SALISBURY STEAK, MACARONI AND CHEESE, GREEN BEANS, JELLO WITH PINEAPPLE, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.</p> | <p>7) OVEN BAKED CHICKEN BREAST WITH MOLE SAUCE, MASHED SWEET POTATOES, MEXICALI CORN, CARROT CAKE, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, MEXICALI SALAD.</p> | <p>8) STUFFED BELL PEPPER WITH TOMATO SAUCE, BROWN AND WILD RICE, STEAMED CARROTS, FRESH BANANA, EGG SALAD SANDWICH W/LETTUCE AND TOMATO, CUCUMBER, RED ONION AND DILL SALAD.</p> | <p>9) PEPPER STEAK, AU GRATIN POTATOES, CALIFORNIA BLEND VEGETABLES, WATERMELON CHUNKS, ENTRÉE COBB SALAD WITH TURKEY, HAM, EGG, CHEESE, BACON TOMATO WITH BLUE CHEESE DRESSING AND CRACKERS.</p> |
| <p>12) BEEF AND BEAN CHILI, CORN BREAD, ZUCCHINI MEDLEY, YOGURT WITH TROPICAL FRUIT, HAM, TURKEY AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW.</p> | <p>13) ROASTED PORK WITH MUSHROOM SAUCE, AU GRATIN POTATOES, BROCCOLI, CHOCOLATE CAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p> | <p>14) ST. PATRICK'S CORNED BEEF, SEASONED NEW POTATOES, SEASONED SAUTEED CABBAGE, LIME JELL-O WITH PEARS AND PINEAPPLE, EGG SALAD SANDWICH WITH LETTUCE, TOMATO, HOMEMADE POTATO SALAD.</p> | <p>15) HOMEMADE MEATLOAF, GARLIC & CHIVE MASHED POTATOES, ZUCCHINI AND TOMATOS, VANILLA & CHOCOLATE SWIRL PUDDING, TUNA SALAD SANDWICH W/ LETTUCE & TOMATO, CARROT & RAISIN SALAD.</p> | <p>16) CHILI RELLENO CASSAROLE, LIMA BEANS, CALIFORNIA BLEND VEGETABLES, WATERMELON CHUNKS, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, BACON AND BLUE CHEESE DRESSING, CRACKERS.</p> |
| <p>19) MANDARIN SESAME CHICKEN BOWL, BROWN AND WILD RICE, ORIENTAL VEGETABLES, FLAN, ROAST BEEF, TURKEY AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.</p> | <p>20) BEEF STEW WITH POTATOES, ONIONS, CELERY AND CARROTS BISCUIT, CHOCOLATE PUDDING, EMTREE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.</p> | <p>21) OVEN BAKED BREADED FISH WITH MARINARA SAUCE, BARLEY AND MUSHROOM PILAF, MIXED VEGETABLES, CANTALOPE CHUNKS, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CREAMY COLE SLAW.</p> | <p>22) MEAT LASAGNA, DINNER ROLL, ZUCCHINI MEDLEY, PINEAPPLE CHUNKS, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, GERMAN POTATO SALAD.</p> | <p>23) CHICKEN TETRAZZINI, AU GRATIN POTATOES, PEAS AND CARROTS, POUND CAKE, ENTRÉE TACO SALAD WITH SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.</p> |
| <p>26) TURKEY CHILI, WHOLE GRAIN DINNER ROLL, STEAMED BROCCOLI, FRESH APPLE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW</p> | <p>27) CHICKEN PAPRIKA, MACARONI AND CHEESE, BRUSSEL SPROUTS, AMBROSIA SALAD, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING.</p> | <p>28) HONEY GLAZED HAM, MASHED SWEET POTATOES, GREEN BEANS, PINEAPPLE UPSIDE DOWN CAKE, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</p> | <p>29) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC AND CHIVE MASHED POTATOES, PEACH SLICES, ENTRÉE COBB SALAD WITH TURKEY, HAM, EGG, CHEESE, BACON TOMATO WITH BLUE CHEESE DRESSING AND CRACKERS.</p> | <p>30) BREADED FISH AMANDINE WITH TARTAR SAUCE, OVEN BROWNED POTATOES, ZUCCHINI AND TOMATO, RICE PUDDING, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, GERMAN POTATO SALAD.</p> |

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