

# JULY 2018 MEALS ON WHEELS OF LONG BEACH JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) BLACKENED TILAPIA WITH TARTAR SAUCE, MUSHROOM & BARLEY PILAF, GREEN PEAS & ONIONS, PEARS WITH CINNAMON, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, TRI-COLOR SLAW.	3) BBQ CHICKEN LEG AND THIGH, BAKED BEANS, CUT CORN OFF THE COBB, WATERMELON CHUNKS, ENTRÉE COBB SALAD W/ TURKEY, HAM, EGG, CHEESE, BACON TOMATO W/ BLUE CHEESE DRESSING & CRACKERS.	4) MOWLB CLOSED 	5) SMOTHERED PORK CHOP MASHED SWEET POTATOES, CALIFORNIA BLENDED VEGETABLES, PINEAPPLE UPSIDE DOWN CAKE, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.	6) TURKEY LASAGNA, ZUCCHINI AND TOMATO MEDLEY, WHEAT DINNER ROLL, CHOCOLATE PUDDING, ENTREE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.
9) HOMEMADE SALISBURY STEAK WITH MUSHROOM GRAVY, PEAS AND CARROTS, AU GRATIN POTATOES, RICE PUDDING, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, ASIAN CUCUMBER SALAD.	10) TURKEY CHILI, BAKED POTATO WEDGES, LEMON PEPPER BROCCOLI, TROPICAL FRUIT CUP, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.	11) TURKEY & LENTIL STEW WITH CELERY, ONIONS, POTATOES AND CARROTS, BISCUIT, MANDARIN ORANGES WITH JICAMA, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.	12) ROAST BEEF WITH BROWN GRAVY, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS WITH HERBS, AMBROSIA SALAD, EGG SALAD SANDWICH W/LETTUCE AND TOMATO, CUCUMBER, RED ONION AND DILL SALAD.	13) TUNA & NOODLE CASSEROLE, WHOLE WHEAT DINNER ROLL, ROASTED BRUSSELS SPROUTS, YOGURT WITH SLICED PEACHES & STRAWBERRIES, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.
16) LEMON PEPPER BAKED CHICKEN BREAST, MACARONI & CHEESE, GREEN BEANS WITH PIMENTO, MANDARIN ORANGES, TURKEY, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.	17) WHOLE WHEAT SPAGHETTI W/ MEAT BALLS, DINNER ROLL, MIXED VEGETABLES, PEACHES WITH YOGURT, ENTRÉE CHEF'S SALAD W/ TURKEY, HAM, EGG, TOMATO, BACON AND BLUE CHEESE DRESSING, CRACKERS.	18) CHICKEN ENCHILADA CASSEROLE WITH VERDE SAUCE, PINTO BEANS, CAULIFLOWER, CARROT CAKE, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, CARROT AND RAISIN SALAD.	19) HERB RUBBED ROASTED PORK WITH HONEY & GARLIC, BROWN & WILD RICE, ZUCCHINI & TOMATOES, VANILLA PUDDING, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, TRI-COLOR COLE SLAW.	20) TERIYAKI CHICKEN BOWL, STICKY WHITE RICE, SESAME BROCCOLI, TROPICAL FRUIT COCKTAIL, ENTRÉE TACO SALAD WITH SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.
23) BEEF STEW WITH POTATOES, CARROTS, CELERY & ONIONS, CORNBREAD, PEAR & MANGO CHUNKS, ROAST BEEF, TURKEY AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, ORZO PASTA SALAD.	24) HAWAIIAN PINEAPPLE CHICKEN BREAST, BARLEY, RICE & MUSHROOM PILAF, BANANA SQUASH, FRESH CANTALOUPE, ENTRÉE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.	25) HOMEMADE MEATLOAF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, GREEN BEANS WITH HERBS, TAPIOCA PUDDING, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, GERMAN POTATO SALAD.	26) BEEF LASAGNA WITH TOMATO SAUCE, WHOLE WHEAT DINNER ROLL, MIXED VEGETABLES, AMBROSIA SALAD, EGG SALAD SANDWICH WITH LETTUCE, TOMATO, HOMEMADE MARINATED BEET SALAD.	27) CHILE RELLENO CASSEROLE, BLACK BEANS, LIMA BEANS, CHOCOLATE CAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING.
30) STUFFED BELL PEPPER, AU GRATIN POTATOES, GREEN PEAS & CORN, FRESH BANANA, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CARROT AND RAISIN SALAD.	31) ROASTED TURKEY WITH SAGE GRAVY, MASHED SWEET POTATOES, STEAMED CARROTS, YOGURT W/ PEACHES, ENTRÉE COBB SALAD W/ TURKEY, HAM, EGG, CHEESE, BACON TOMATO W/ BLUE CHEESE DRESSING			<b>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</b>

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