




JANUARY 2019 MEALS ON WHEELS OF LONG BEACH JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 433-0232</p>	<p>1) MOWLB CLOSED</p>  <p><small>http://dennismike.net</small></p>	<p>2) CHICKEN ENCHILADA WITH VERDE SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, FRESH ORANGE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET SALAD WITH ONIONS.</p>	<p>3) HERB ROAST PORK WITH HONEY & GARLIC, BROWN & WILD RICE, ZUCCHINI & TOMATOES, VANILLA PUDDING, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, COLE SLAW.</p>	<p>4) TURKEY A LA KING, BISCUIT, SEASONED GREEN BEANS, FRESH BANANA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>
<p>7) BEEF STEW WITH POTATOES, ONIONS, CELERY AND CARROTS, BISCUIT, TROPICAL FRUIT COCKTAIL CUP, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>8) CHICKEN CHOP SUEY, BROWN AND WILD RICE, ORIENTAL VEGETABLES, PEACHES WITH YOGURT, CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>9) SMOTHERED PORK IN MUSHROOM SAUCE, AU GRATIN POTATOES, ROASTED CORN, CHOCOLATE CAKE, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CARROT & PINEAPPLE SALAD.</p>	<p>10) WHOLE WHEAT SPAGHETTI WITH MEAT BALLS, DINNER ROLL, LEMON PEPPER BROCCOLI, FRESH APPLE, TUNA SALAD SANDWICH WITH LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.</p>	<p>11) BBQ CHICKEN LEG & THIGH, MASHED SWEET POTATOES, MIXED VEGETABLES, CHOCOLATE & VANILLA SWIRL PUDDING, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING AND CRACKERS.</p>
<p>14) STUFFED BELL PEPPER, GARLIC & CHIVE MASHED POTATOES, PEAS AND CORN, APPLESAUCE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, CREAMY COLE SLAW.</p>	<p>15) ROASTED TURKEY WITH SAGE GRAVY & CRANBERRY SAUCE, HERB STUFFING, CREAMED SPINACH, FRESH BANANA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>16) BEEF STROGANOFF, SEASONED EGG NOODLES, SEASONED GREEN BEANS, OATMEAL COOKIES, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW.</p>	<p>17) SMOTHERED CHICKEN BREAST, MACARONI & CHEESE, BLACK EYED PEAS, BANANA PUDDING WITH VANILLA WAFER, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CARROT AND RAISIN SALAD.</p>	<p>18) OVEN BAKED FISH WITH TARTAR SAUCE, POTATO WEDGES, SEASONED BRUSSELS SPROUTS, ARROZ CON LECHE, ENTRÉE TURKEY & HAM COBB SALAD W/ EGG, TOMATO, BACON WITH BLUE CHEESE DRESSING, CRACKERS.</p>
<p>21) MOWLB CLOSED</p> 	<p>22) CHILI RELLENO CASSEROLE, SEASONED PINTO BEANS, LEMON PEPPER BROCCOLI, CHOCOLATE PUDDING, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET SALAD WITH ONIONS.</p>	<p>23) CHICKEN IN MUSHROOM SAUCE, AU GRATIN POTATOES, GREEN PEAS, FRESH CANTALOUPE, TURKEY, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO, & PICKLE, ITALIAN PASTA SALAD.</p>	<p>24) HOMEMADE MEATLOAF WITH BROWN GRAVY, GARLIC & CHIVE MASHED POTATOES, GREEN BEANS WITH PIMENTOS, AMBROSIA SALAD, EGG SALAD SANDWICH W/ LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.</p>	<p>25) HOMEMADE TURKEY LASAGNA, LIMA BEANS, ZUCCHINI WITH TOMATOES, BANANA, TACO SALAD WITH SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO AND SALSA DRESSING, CRACKERS.</p>
<p>28) ROAST PORK WITH MUSTARD AND HERB SAUCE, MUSHROOM AND BARLEY PILAF, PEAS AND ONIONS, PEARS WITH CINNAMON, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, TRI COLOR COLE SLAW.</p>	<p>29) CURRY CHICKEN, MASHED SWEET POTATOES, CALIFORNIA BLENDED VEGETABLES, PINEAPPLE UPSIDE DOWN CAKE, ENTRÉE CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>30) TURKEY STEW WITH POTATOES, ONIONS, CELERY AND CARROTS, BISCUIT, FRESH ORANGE, HAM, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, HOMEMADE POTATO SALAD.</p>	<p>31) ROAST BEEF WITH MUSHROOM GRAVY, SEASONED BROWNED POTATOES, CARROTS, TAPIOCA PUDDING, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</p>	

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