


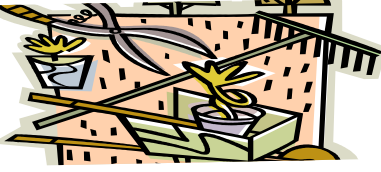


September 2017 **MEALS ON WHEELS OF LONG BEACH** September 2017

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) TUNA NOODLE CASSEROLE, LIMA BEANS, STEAMED BROCCOLI, WATERMELON CHUNKS, GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBERS, FETA CHEESE, VINAIGRETTE DRESSING, & CRACKERS.</p>
<p>4) ALL SITES CLOSED FOR LABOR DAY!</p> 	<p>5) BEEF & LENTIL STEW WITH CELERY, ONION, POTATOES & CARROTS, BISCUIT, VANILLA PUDDING W/ COOKIE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>6) HERB RUBBED ROAST PORK W/MUSTARD SAUCE, BROWN AND WILD RICE, ZUCCHINI AND TOMATOES, CANTALOUPE CHUNKS WITH COTTAGE CHEESE, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>7) SPAGHETTI WITH MEATBALLS, WHOLE WHEAT NOODLES, WHEAT DINNER ROLL, CAULIFLOWER & BROCCOLI, RICE PUDDING, CHICKEN SALAD WRAP SANDWICH W/LETTUCE AND TOMATO, TRI-COLOR SLAW</p>	<p>8) LEMON PEPPER BAKED CHICKEN BREAST, OVEN BROWNED POTATOES, SWEET CORN, CARROT CAKE, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS.</p>
<p>11) BAKED FISH AMANDINE WITH TARTAR SAUCE, GARLIC AND CHIVE MASHED POTATOES, PEAS AND CARROTS, TROPICAL FRUIT CUP, ROAST BEEF, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD.</p>	<p>12) BBQ CHICKEN LEG QUARTER, RICE & BARLEY PILAF, BRUSSELS SPROUTS, CHOCOLATE PUDDING W/ COOKIE, ENTRÉE TURKEY & HAM COBB SALAD W/EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.</p>	<p>13) BEEF LASAGNA, WHEAT DINNER ROLL, MIXED VEGETABLES, MANDARIN ORANGES, EGG SALAD SANDWICH WITH LETTUCE & TOMATO, CUCUMBER, CREAMY COLE SLAW.</p>	<p>14) SMOTHERED CHICKEN BREAST, MASHED SWEET POTATOES, GREEN BEANS, BANANA, TURKEY, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW.</p>	<p>15) CHICKEN ENCHILADA VERDE CASSEROLE, SPANISH RICE, MEXICALI CORN, PINEAPPLE UPSIDE-DOWN CAKE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS</p>
<p>18) ROASTED TURKEY W/ SAGE GRAVY, CORNBREAD STUFFING, STEAMED CARROTS, PEACHES & STRAWBERRIES W/YOUGURT, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, THREE BEAN SALAD.</p>	<p>19) BEEF STROGANOFF, BROWN RICE AND BARLEY PILAF, GREEN BEANS, PINEAPPLE CHUNCKS, ENTRÉE CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING</p>	<p>20) BAKED CHICKEN BREAST WITH MOLE SAUCE, BLACK BEANS, ZUCCHINI MEDLEY, CHOCOLATE CHIP COOKIES, CHINESE CHICKEN SALAD WRAP W/LETTUCE & TOMATO, ITALIAN PASTA SALAD.</p>	<p>21) PORK CHOP WITH MUSHROOM GRAVY, AU GRATIN POTATOES, BANANA SQUASH, TROPICAL FRUIT CUP, HAM & CHEESE SANDWICH W/LETTUCE, TOMATO & PICKLE, GERMAN POTATO SALAD.</p>	<p>22) STUFFED BELL PEPPER, OVEN BROWNED POTATOES, CALIFORNIA BLEND VEGETABLES, CHOCOLATE CAKE, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING & CRACKERS.</p>
<p>25) PARMESAN BAKED FISH W/MARINARA SAUCE, MACARONI & CHEESE, BROCCOLI, VANILLA & CHOCOLATE SWIRL PUDDING, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & RAISIN SALAD.</p>	<p>26) HERB RUBBED PORK WITH MUSHROOM SAUCE, POTATO WEDGES, PEAS & CARROTS, PEACHES, ENTRÉE TURKEY & HAM COBB SALAD W WITH EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.</p>	<p>27) HOMEMAD MEATLOAF WITH MUSHROOM BROWN GRAVY, MASHED SWEET POTATOES, SWEET CORN, AMBROSIA SALAD, TUNA SALAD SANDWHICH W/LETTUCE & TOMATO, HOMEMADE POTATO SALAD.</p>	<p>28) CHICKEN PAPRIKA, BARLEY MUSHROOM PILAF, BRUSSELS SPROUTS, FRESH ORANGE, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD.</p>	<p>29) BEEF & BEAN CHILI, CORN BREAD, ZUCCHINI MEDLEY, ARROZ CON LECHE, 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 ***