


AUGUST 2017 MEALS ON WHEELS OF LONG BEACH AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) CHICKEN BREAST W/ MUSHROOM GRAVY, BROWN RICE & BARLEY PILAF, BRUSSELS SPROUTS, FRESH BANANA, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING & CRACKERS	2) BEEF LASAGNA W/ MARINARA SAUCE, LIMA BEANS, CAULIFLOWER, JELLO W/ PINEAPPLE CHUNKS, TUNA SALAD SANDWICH W/LETTUCE & TOMATO, HOMEMADE POTATO SALAD.	3) OVEN BAKED CHICKEN LEG QUARTER WITH GRAVY, MASHED SWEET POTATOES, PEAS AND CARROTS, RICE PUDDING, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR SLAW.	4) ROAST BEEF W/ BROWN GRAVY, OVEN BROWNED POTATOES, LEMOM PEPPER BROCCOLI, PINEAPPLE UPSIDE DOWN CAKE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.
7) ROAST TURKEY W/ SAGE GRAVY, CORNBREAD STUFFING, PEAS & CARROTS, TROPICAL FRUIT CUP, TURKEY, HAM AND CHEESE DELI SANDWICH W/LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.	8) BEEF STROGANOFF, SEASONED EGG NOODLES, GREEN BEANS, VANILLA PUDDING W/ COOKIE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.	9) CHICKEN BREAST W/ MOLE SAUCE, SPANISH RICE, STEAMED CARROTS, CARROT CAKE, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CREAMY DILL CUCUMBER SALAD.	10) PORK CHOP W/ MUSHROOM GRAVY, AU GRATIN POTATOES, MIXED VEGETABLES, CHOCOLATE CAKE, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, CUCUMBER, RED ONION AND DILL SALAD.	11) STUFFED BELL PEPPER, GARLIC & CHIVE MASHED POTATOES, BROCCOLI, MANDARIN ORANGE & JICAMA, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.
14) TUNA CASSEROLE, BISCUIT, ZUCCHINI & TOMATOES, WATERMELON CHUNKS, ROAST BEEF, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD.	15) HERB PORK ROAST W/ MUSTARD SAUCE, OVEN BROWNED POTATOES, BROCCOLI, CHOCOLATE PUDDING, ENTRÉE TURKEY & HAM COBB SALAD W/EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.	16) HOMEMADE MEATLOAF WITH BROWN GRAVY, GARLIC & CHIVE MASHED POTATOES, GREEN BEANS, AMBROSIA SALAD, EGG SALAD SANDWICH WITH LETTUCE & TOMATO, GERMAN POTATO SALAD.	17) BBQ CHICKEN LEG QUARTER, MACARONI & CHEESE, CALIFORNIA BLEND VEGETABLES, VANILLA & CHOCOLATE SWIRL PUDDING, CHICKEN SALAD WRAP SANDWICH WITH LETTUCE AND TOMATO, TRI-COLOR SLAW.	18) CHILE RELLENO CASSEROLE, SPANISH RICE, ZUCCHINI MEDLEY, FRESH ORANGE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS
21) TERIYAKI CHICKEN BREAST, BROWN RICE & BARLEY PILAF, ORIENTAL VEGETABLES, TROPICAL FRUIT WITH YOGURT, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.	22) BEEF STEW W/ POTATOES, CARROTS, CELERY & ONIONS, BISCUIT, MANGO CHUNKS W/PEARS, CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING	23) BAKED PARMESAN FISH W/ TARTAR SAUCE, MASHED SWEET POTATOES, MIXED VEGETABLES, CHOCOLATE CHIP COOKIES, CHINESE CHICKEN SALAD WRAP SANDWICH W/LETTUCE & TOMATO, ITALIAN PASTA SALAD.	24) PEPPER STEAK, OVEN BROWNED POTATOES, BELL PEPPERS AND ONION, JELLO W/ TROPICAL FRUIT, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE POTATO SALAD.	25) HAWAIIAN PINEAPPLE CHICKEN BREAST, RICE PILAF, PEAS & CARROTS, COCONUT CAKE, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING & CRACKERS.
28) TURKEY CHILI, OVEN BROWNED POTATOES, STEAMED PEPPER BROCCOLI, JELL-O W/ PINEAPPLE CHUNKS, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW	29) BAKED CHILI RUBBED FISH W/ TARTAR SAUCE, RICE PILAF, ZUCCHINI & TOMATOES, CARROT CAKE ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBERS, FETA CHEESE, VINAIGRETTE DRESSING, & CRACKERS.	30) SALISBURY STEAK W/ MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, SWEET CORN, RICE PUDDING, TUNA SALAD SANDWICH W/LETTUCE & TOMATO, HOMEMADE POTATO SALAD.	31) SPAGHETTI AND MEAT BALLS W/ WHOLE WHEAT NOODLES, GREEN BEANS, PEACHES W/ YOGURT, HAM, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD.	<p>PLEASE CALL YOUR SITE MANAGER <u>BEFORE</u> 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</p>

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