




JANUARY 2018 MEALS ON WHEELS OF LONG BEACH JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) MOWL B CLOSED</p> 	<p>2) PEPPER STEAK, OVEN BROWNED POTATOES, LEMON PEPPER BROCCOLI, FRUITED YOGURT, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, TRI-COLOR PASTA.</p>	<p>3) HOMEMADE SALISBURY STEAK W/ BROWN GRAVY, MACARONI & CHEESE, MEXICALI CORN, MANDARIN ORANGES WITH JICAMA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING.</p>	<p>4) BREADED FISH AMANDINE WITH TARTAR SAUCE, RICE PILAF, ZUCCHINI, TROPICAL FRUIT CUP, TUNA SALAD SANDWHICH WITH LETTUCE & TOMATO, HOMEMADE POTATO SALAD.</p>	<p>5) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC AND CHIVE MASHED POTATOES, CARROTS AND PEAS, FRESH BANANA, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.</p>
<p>8) CHICKEN ENCILADA CASSEROLE WITH VERDE SAUCE, PINTO BEANS, CAULIFLOWER, PINEAPPLE UPSIDE DOWN CAKE, TURKEY, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.</p>	<p>9) TURKEY VEGETABLE STEW W/CELERY, ONION, POTATOES & CARROTS, BISCUIT, CHOPPED PEARS, ENTRÉE TACO SALAD WITH SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.</p>	<p>10) HERB RUBBED ROASTED PORK WITH MUSTARD SAUCE, BROWN AND WILD RICE, ZUCCHINI MEDLEY. POUND CAKE, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CARROT AND RASIN SALAD.</p>	<p>11) WHOLE WHEAT SPAGHETTI & MEATBALLS, DINNER ROLL, CAULIFLOWER & BROCCOLI, VANILLA & CHOCOLATE SWIRL PUDDING, EGG SALAD SANDWICH W/LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.</p>	<p>12) LEMON PEPPER BAKED CHICKEN BREAST, MASHED SWEET POTATOES, GREEN BEANS, FRESH ORANGE, ENTRÉE COBB SALAD WITH TURKEY, HAM, EGG, CHEESE, BACON TOMATO WITH BLUE CHEESE DRESSING AND CRACKERS.</p>
<p>15) MOWL B CLOSED</p> 	<p>16) SMOTHERED PORK CHOPS, MUSHROOM BARLEY PILAF, BRUSSELS SPROUTS, CHOCOLATE CAKE, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE GERMAN POTATO SALAD.</p>	<p>17) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, MIXED VEGETABLES, MANDARIN ORANGES, CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.</p>	<p>18) OVEN FRIED CHICKEN LEG QUARTER, GARLIC AND CHIVE MASED POTATOES, ZUCCHINI MEDLEY, TAPIOCA PUDDING, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CREAMY COLE SLAW.</p>	<p>19) CHILI RELLENO CASSEROLE WITH TOMATO SAUCE, SPANISH RICE, MEXICALI CORN, FRESH APPLE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>
<p>22) ROAST TURKEY W/ SAGE GRAVY, CORNBREAD STUFFING, PEAS & CARROTS, TROPICAL FRUIT CUP, HAM & CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW.</p>	<p>23) BEEF STROGANOFF, BROWN RICE AND BARLEY PILAF, BELL PEPPERS AND ONIONS, JELL-O WITH PINEAPPLE CHUNKS, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING</p>	<p>24) OVEN BAKED CHICKEN BREAST WITH HERB SAUCE, GARLIC AND CHIVE MASHED POTATOES, MIXED VEGETABLES, CARROT CAKE, TUNA SALAD SANDWHICH WITH LETTUCE & TOMATO, ITALIAN PASTA SALAD.</p>	<p>25) SMOTHERED ROAST PORK, AU GRATIN POTATOES, LEMON PEPPER BROCCOLI, CANTALOPE CHUNKS, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD</p>	<p>26) STUFFED BELL PEPPER, OVEN BROWNED POTATOES, MIXED VEGETABLES, RICE PUDDING, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.</p>
<p>29) CREAMY TUNA PASTA CASSAROLE, WHEAT DINNER ROLL, BRUSSELS SPROUTS, CHOCOLATE CAKE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW</p>	<p>30) CHICKEN BREAST W ITH MUSHROOM SAUCE, MASHED SWEET POTATOES, GREEN BEANS, FRESH BANANA, COBB SALAD W/TURKEY, HAM, EGG, CHEESE, BACON TOMATO WITH BLUE CHEESE DRESSING & CRACKERS.</p>	<p>31) HOMEMADE MEATLOAF, GARLIC & CHIVE MASHED POTATOES, ZUCCHINI AND TOMATOES, AMBROSIA SALAD, TUNA SALAD SANDWHICH WITH LETTUCE & TOMATO, HOMEMADE POTATO SALAD.</p>		<p>PLEASE CALL YOUR SITE MANAGER BEFORE 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 *