



# MAY 2017 MEALS ON WHEELS OF LONG BEACH MAY 2017

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| 1) HOMEMADE LENTIL STEW, POTATO WEDGES, STEAMED CARROTS, BAKED MAPLE PEARS, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.                      | 2) HERB RUBBED ROAST PORK W/MUSTARD SAUCE, BROWN & WILD RICE, ZUCCHINI & TOMATOES, VANILLA PUDDING, ENTRÉE CHINESE CHICKEN SALAD W/MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.        | 3) SPAGHETTI W/ MEATBALLS, WHOLE WHEAT SPAGHETTI NOODLES, CAULIFLOWER, JELL-O W/ PINEAPPLE CHUNKS, CHICKEN SALAD WRAP SANDWICH W/LETTUCE & TOMATO, GERMAN POTATO SALAD.                    | 4) OVEN BAKED CHICKEN BREAST, MACARONI AND CHEESE, GREEN BEANS, FRESH ORANGE, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, QUINOA SALAD.  | 5) STEAK PICADO, SPANISH RICE, BROCCOLI, MANDARIN ORANGES WITH JICAMA, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS.            |
| 8) SMOTHERED PORK CHOP, OVEN BROWNED POTATOES, STEAMED BRUSSELSPROUTS, CANTALOUPE W/COTTAGE CHEESE, TURKEY, HAM & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, BROCCOLI SLAW. | 9) PARMESAN BAKED FISH, AU GRATIN POTATOES, CARROTS & PEAS, MANGO CHUNKS W/PEAR, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.                 | 10) OVEN FRIED CHICKEN LEG QUARTER, MASHED SWEET POTATOES, SQUASH MEDLEY, CHOCOLATE CHIP COOKIES, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.                   | 11) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, LEMON PEPPER BROCCOLI, YOGURT W/PEACHES, TUNA SALAD SANDWICH W/LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD. | 12) CHICKEN W/CREAM SAUCE & CAPERS, BROWN RICE PILAF, CALIFORNIA BLENDED VEGETABLES, CHOCOLATE CAKE W/GLAZE, ENTRÉE CHEF'S SALAD W/TURKEY, HAM, BACON, EGG, TOMATO, CHEESE, RANCH DRESSING & CRACKERS. |
| 15) HOMEMADE SALISBURY STEAK W/GRAVY, AU GRATIN POTATOES, GREEN BEANS, CHOCOLATE PUDDING, ROAST BEEF, TURKEY & CHEESE DELI SANDWICH W/LETTUCE, TOMATO & PICKLE, ORZO PASTA SALAD. | 16) CHICKEN BREAST W/MOLE SAUCE, POTATO WEDGES, PEAS & CARROTS, CARROT CAKE, ENTRÉE CHINESE CHICKEN SALAD W/MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.                               | 17) BAKED FISH W/TARTAR SAUCE, BUTTERNUT SQUASH, MACARONI & CHEESE, YOGURT W/STRAWBERRIES, EGG SALAD SANDWICH W/LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.                        | 18) STUFFED BELL PEPPER GARLIC AND CHIVE MASHED POTATOES, ZUCCHINI & TOMATO MEDLEY, JELL-O & TROPICAL FRUIT, CHICKEN SALAD WRAP SANDWICH W/LETTUCE & TOMATO, TRICOLOR SLAW.            | 19) TUNA NOODLE CASSEROLE, LIMA BEANS, STEAMED PEPPER BROCCOLI, WATERMELON CHUNKS, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING & CRACKERS.                               |
| 22) CHICKEN WITH MUSHROOM SAUCE, MASHED SWEET POTATOES, MIXED VEGETABLES, CINNAMON RICE PUDDING, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW. | 23) CHILE RELLENO CASSEROLE, SPANISH RICE, ZUCCHINI MEDLEY, TROPICAL FRUIT CUP, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS. | 24) BBQ CHICKEN LEG QUARTER, OVEN BROWNED POTATOES, CALIFORNIA BLENDED VEGETABLES, VANILLA & CHOCOLATE SWIRL PUDDING, CHICKEN SALAD WRAP SANDWICH W/LETTUCE & TOMATO, ITALIAN PASTA SALAD. | 25) HOMEMADE MEATLOAF WITH GRAVY, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS, AMBROSIA SALAD, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, HOMEMADE POTATO SALAD.         | 26) POLISH SAUSAGE WITH SAUERKRAUT, MACARONI AND CHEESE, JELL-O W/ TROPICAL FRUIT COCKTAIL, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.      |
| <p>29) ALL SITES CLOSED</p>   | 30) OVEN FRIED FISH W/ TARTAR SAUCE, AU GRATIN POTATOES, LEMON PEPPER BROCCOLI, ENTRÉE TURKEY & HAM COBB SALAD W/EGG, TOMATO, BACON & BLUE CHEESE DRESSING & CRACKERS.                               | 31) HOMEMADE VEGETABLE LASAGNA, ZUCCHINI MEDLEY, WHITE BEANS, PEACHES WITH COTTAGE CHEESE, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, CUCUMBER, RED ONION & DILL SALAD.                  |   | <p><b>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 433-0232</b></p>  |

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