



MAY 2018 MEALS ON WHEELS OF LONG BEACH MAY 2018

*MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) BEEF STEW WITH POTATOES, ONIONS, CELERY & CARROTS, BISCUIT, CHOCOLATE PUDDING, ENTRÉE COBB SALAD W/ TURKEY, HAM, EGG, CHEESE, BACON TOMATO W/ BLUE CHEESE DRESSING & CRACKERS.	2) BREADED OVEN BAKED FISH WITH TARTAR SAUCE, MASHED SWEET POTATOES SEASONED GREEN BEANS, SLICED PEACHES, ROAST BEEF, TURKEY AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, ORZO PASTA SALAD.	3) MEAT LASAGNA, WHOLE WHEAT DINNER ROLL, ZUCCHINI MEDLEY, PINEAPPLE CHUNKS, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, MEXICALI SALAD.	4) STEAK PICADO, SPANISH RICE, MEXICALI CORN, FLAN, ENTREE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.
7) TURKEY CHILI, WHEAT DINNER ROLL, BROCCOLI WITH LEMON PEPPER, RICE PUDDING, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW.	8) STUFFED BELL PEPPER, OVEN BROWNED POTATOES, BELL PEPPERS & ONIONS, TROPICAL FRUIT CUP, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.	9) LENTIL STEW WITH CELERY, ONIONS, POTATOES AND CARROTS, BISCUIT, MANDARIN ORANGES WITH JICAMA, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW.	10) CHICKEN BREAST AMANTI, BROWN AND WILD RICE, SEASONED BROCCOLI, CHOCOLATE CAKE, EGG SALAD SANDWICH W/LETTUCE AND TOMATO, CUCUMBER, RED ONION AND DILL SALAD.	11) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC AND CHIVE MASHED POTATOES, PEAS AND CARROTS, FRESH BANANA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.
14) CHILE RELLENO CASSEROLE, BLACK BEANS, CAULIFLOWER, CHOCOLATE AND VANILLA SWIRL PUDDING, TURKEY, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.	15) CHICKEN PAPRIKA, MACARONI AND CHEESE, CALIFORNIA BLENDED VEGETABLES, PEACHES WITH YOGURT, ENTRÉE CHEF'S SALAD W/ TURKEY, HAM, EGG, TOMATO, BACON AND BLUE CHEESE DRESSING, CRACKERS.	16) HERB RUBBED ROASTED PORK WITH MUSTARD SAUCE, BROWN AND WILD RICE, ZUCCHINI AND TOMATOES, PINAPPLE UPSIDE DOWN CAKE, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, CARROT AND RAISIN SALAD.	17) SPAGHETTI WITH MEATBALLS, DINNER ROLE, CAULIFLOWER AND BROCCOLI, JELL-O WITH PINEAPPLE CHUNKS CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CREAMY COLE SLAW.	18) SMOTHERED PORK CHOP, OVEN BROWNED POTATOES, BROCCOLI WITH LEMON PEPPER, TAPPIOCA PUDDING, ENTRÉE TACO SALAD WITH SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.
21) CHILLI RUBBED FISH, CORN, PEAS AND CARROTS, WATERMELON CHUNKS, ROAST BEEF, TURKEY AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, ORZO PASTA SALAD.	22) HAWAIIAN PINEAPPLE CHICKEN BREAST, RICE AND BARLEY PILAF, BRUSSELS SPRPOUTS, FRESH BANANA, ENTREE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING.	23) HOMEMADE MEATLOAF WITH BROWN GRAVY, GARLIC & CHIVE MASHED POTATOES, MIXED VEGETABLES, MANDARIN ORANGES WITH JICAMA, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW,	24) OVEN BAKED CHICKEN LEG QUARTER WITH BBQ SAUCE, MASHED SWEET POTATOES, CARROTS, AMBROSIA SALAD, EGG SALAD SANDWICH WITH LETTUCE, TOMATO, HOMEMADE MARINATED BEET SALAD.	25) POLISH SAUSAGE WITH SAUERKRAUT, BAKED BEANS, CHOCOLATE CAKE ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING.
28) MOWLB CLOSED 	29) HOMEMADE SALISBURY STEAK WITH MUSHROOM GRAVY, STEAMED CARROTS, TROPICAL FRUIT CUP, VEGGIE LUNCH PLATER WITH TURKEY SLICES, CARROT AND CELARY STICKS, DINNER ROLL AND DIP.	30) SMOTHERED CHICKEN BREAST WITH CAPER SAUCE, RICE PILAF, ZUCCINI & TOMATOES, CARROT CAKE, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.	31) BREADED OVEN BAKED FISH WITH TARTAR SAUCE, MACARONI AND CHEESE, BANANA SQUASH, CANTALOPE CHUNKS, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, ORZO PASTA SALAD	<i>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</i>

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