


# OCTOBER 2018 MEALS ON WHEELS OF LONG BEACH OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) HOMEMADE SALISBURY STEAK WITH SEASONED GRAVY, MUSHROOM & BARLEY PILAF, GREEN PEAS & CARROTS, FRESH PEACH, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.	2) TURKEY CHILI, BAKED POTATO WEDGES, BLENDED VEGETABLES, PINEAPPLE UPSIDE DOWN CAKE, ENTRÉE COBB SALAD W/ TURKEY, HAM, EGG, CHEESE, BACON TOMATO W/ BLUE CHEESE DRESSING & CRACKERS.	3) LEMON DIJON CHICKEN BREAST, RICE PILAF, ZUCCHINI & TOMATO w/ LEMON AND GARLIC, FRESH BANANA, EGG SALAD SANDWICH WITH LETTUCE & TOMATO, CARROT AND RAISIN SLAW.	4) ROAST BEEF w/ MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, GREEN BEANS w/ HERBS, AMBROSIA SALAD, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, TRI-COLOR SLAW.	5) CHILI RELLENO CASSEROLE, SPANISH RICE, BRUSSELS SPROUTS, FRESH CANTALOUPE, ENTRÉE TACO SALAD w/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING & CRACKERS.
8) BAKED CHICKEN BREAST w/ LEMON CAPER SAUCE, AU GRATIN POTATOES, SEASONED BROCCOLI, MANDARIN ORANGE, TUNA SALAD SANDWICH w/ LETTUCE AND TOMATO, CUCUMBER, ONION AND DILL SALAD.	9) WHOLE WHEAT SPAGHETTI w/ MEATBALLS, DINNER ROLL, ZUCCHINI MEDLEY, PEACHES, ENTREE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING & CRACKERS.	10) CHICKEN ENCHILADA w/ VERDE SAUCE, SEASONED PINTO BEANS, SEASONED CAULIFLOWER, CHOCOLATE CAKE, HAM AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.	11) HERB RUBBED ROAST PORK w/ HONEY & GARLIC, BROWN & WILD RICE, GREEN BEANS WITH HERBS, CHOCOLATE PUDDING, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, GERMAN POTATO SALAD.	12) TURKEY A LA KING, BISCUIT, STEAMED CARROTS, YOGURT WITH SLICED PEACHES & STRAWBERRIES, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
15) BEEF STEW WITH POTATOES, CARROTS, CELERY & ONIONS, CORNBREAD OR BISCUIT, PEARS w/ MANGO CHUNKS, EGG SALAD SANDWICH WITH LETTUCE & TOMATO, THREE BEAN SALAD.	16) CURRY CHICKEN, STEAMED BROWN RICE, MASHED BANANA SQUASH, FRESH CANTALOUPE, ENTRÉE CHEF'S SALAD W/ TURKEY, HAM, EGG, TOMATO, BACON AND BLUE CHEESE DRESSING & CRACKERS.	17) PORK ROAST WITH MUSTARD SAUCE, MASHED SWEET POTATOES, PEAS & CARROTS, CARROT CAKE, ROAST BEEF & TURKEY DELI SANDWICH WITH LETTUCE, TOMATO & PICKLE, CARROT AND PINEAPPLE SALAD.	18) BEEF LASAGNA, SEASONED BROCCOLI, DINNER ROLL, VANILLA & CHOCOLATE SWIRL PUDDING, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, TRI-COLOR COLE SLAW.	19) BAKED CHICKEN LEG & THIGH, MACARONI & CHEESE, MIXED VEGETABLES, FRESH ORANGE, ENTREE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING & CRACKERS.
22) STUFFED BELL PEPPER, AU GRATIN POTATOES, ZUCCHINI & TOMATOES, YOGURT WITH SLICED PEACHES & STRAWBERRIES, TUNA SALAD SANDWICH WITH LETTUCE & TOMATO, CREAMY COLE SLAW.	23) ROASTED TURKEY WITH SAGE GRAVY, HERB STUFFING, SPINACH, FRESH BANANA, ENTRÉE TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO, SALSA DRESSING, CRACKERS.	24) BEEF STROGANOFF, SEASONED EGG NOODLES, GREEN BEANS WITH HERBS, OATMEAL COOKIES, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, HOMEMADE POTATO SALAD.	25) CHICKEN BREAST w/ MOLE SAUCE, OVEN BROWNE POTATOES, MIXED VEGETABLES, FRESH TANGERINE, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CARROT AND RAISIN SALAD.	26) BREADED BAKED FISH w/ TARTAR SAUCE, GARLIC & CHIVE MASHED POTATOES, ROASTED BRUSSELS SPROUTS, TAPIOCA PUDDING, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
29) STEAK PICADO w/ BELL PEPPERS, SPANISH RICE, SEASONED BLACK BEANS, VANILLA & CHOCOLATE SWIRL PUDDING, CHICKEN SALAD SANDWICH WITH LETTUCE & TOMATO, HOMEMADE MARINATED BEET SALAD.	30) CHICKEN TETRAZINNI, MASHED SWEET POTATOES, STEAMED CAULIFLOWER, TROPICAL FRUIT COCKTAIL, ENTRÉE COBB SALAD W/ TURKEY, HAM, EGG, CHEESE, BACON TOMATO W/ BLUE CHEESE DRESSING & CRACKERS.	31) POLISH SAUSAGE, AU GRATIN POTATOES, SAUERKRAUT, GERMAN CHOCOLATE CAKE, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, GERMAN POTATO SALAD.		
				<p><b>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY.</b> (562) 433-0232</p>

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