



MAY 2019 MEALS ON WHEELS OF LONG BEACH MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 433-0232</p>		<p>1) CHICKEN CHEDDAR MAC, RICE PILAF, ZUCCHINI AND TOMATOES, TAPIOCA PUDDING, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BEET SALAD WITH ONIONS.</p>	<p>2) ROAST BEEF WITH BROWN GRAVY, GARLIC AND CHIVE MASHED POTATOES, GREEN BEANS WITH HERBS, AMBROSIA SALAD, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW.</p>	<p>3) STEAK PICADO, SPANISH RICE, PINTO BEANS, TORTILLA, MANDARIN ORANGES WITH JICAMA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>
<p>6) CHICKEN CHOP SUEY, BROWN RICE, ORIENTAL VEGETABLES, SLICED PEACHES WITH YOGURT, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>7) WHOLE WHEAT SPAGHETTI WITH MEATBALLS, DINNER ROLL, SEASONED BROCCOLI, FRESH BANANA, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>	<p>8) CHICKEN ENCHILADA CASSEROLE, BLACK BEANS, CAULIFLOWER, CHOCOLATE CAKE, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.</p>	<p>9) HERB RUBBED ROAST PORK W/ HONEY GARLIC SAUCE, MACARONI & CHEESE, SEASONED CARROTS, VANILLA PUDDING, TUNA SALAD SANDWICH W/ LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.</p>	<p>10) CHICKEN BREAST MILANO, RICE PILAF, BROCCOLI WITH HERBS, RED VELVET CAKE, MEDITERRANIAN SALAD WIH CHICKEN, RED BELL PEPPER, RED ONION, BLACK OLIVES, CUCUMBER, CHERRY TOMATOES, VINAIGRETTE DRESSING AND CRACKERS.</p>
<p>13) BEEF STEW WITH POTATOES, ONIONS AND CELERY, CARROTS, BISCUIT, PEAR WITH MANGO, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, CREAMY COLE SLAW.</p>	<p>14) SMOTHERED PORK IN A MUSHROOM SAUCE, AU GRATIN POTATOES, ZUCCHINI MEDLEY, CARROT CAKE, ENTRÉE CHOPPED CHICKEN PASTA SALAD WITH CHERRY TOMATOES, BLACK OLIVES, RED ONIONS, GARBANZO BEANS & FETA CHEESE.</p>	<p>15) TURKEY TETRAZZINI, BISCUIT, GREEN BEANS WITH PIMENTOS, PEACHES AND STRAWBERRIES WITH YOGURT, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW.</p>	<p>16) BEEF LASAGNA, DINNER ROLL, MIXED VEGETABLES, FRESH PLUM OR PEACH, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BEET SALAD WITH ONIONS.</p>	<p>17) BBQ CHICKEN LEG & THIGH, MASHED SWEET POTATOES, PEAS AND CARROTS, CHOCOLATE PUDDING, ENTRÉE TURKEY AND HAM COBB SALAD WITH EGG, TOMATO, BACON WITH BLUE CHEESE DRESSING, CRACKERS.</p>
<p>20) STUFFED BELL PEPPER, GARLIC AND CHIVE MASHED POTATOES, MEXICALI CORN, APPLE TURNOVER, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, CUCUMBER, CARROT AND PINEAPPLE SALAD.</p>	<p>21) ROASTED TURKEY WITH GRAVY, CORNBREAD STUFFING, CALIFORNIA VEGETABLES, FRESH BANANA, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>22) BEEF STROGANOFF, MUSHROOM AND BARLEY PILAF, SEASONED BROCCOLI, OATMEAL COOKIES, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, ITALIAN PASTA SALAD.</p>	<p>23) OVEN BAKED CHICKEN WITH MOLE SAUCE, SPANISH RICE, BLACK BEANS, FRESH TANGERINE, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, GERMAN POTATO SALAD.</p>	<p>24) POLISH SAUSAGE, GARLIC ROASTED POTATOES, SAUERKRAUT, WATERMELON CHUNKS, ENTRÉE PASTA AND VEGGIE SALAD WITH BROCCOLI, CUCUMBERS, CHERRY TOMATOES, BLACK OLIVES, RED ONIONS, FETTA CHEESE.</p>
<p>27) MOWL B CLOSED</p> 	<p>28) TUNA PASTA CASSEROLE, DINNER ROLL, BRUSSELS SPROUTS, CHOCOLATE AND VANILLA SWIRL PUDDING, ENTRÉE TURKEY AND HAM COBB SALAD WITH EGG, TOMATO, BACON WITH BLUE CHEESE DRESSING, CRACKERS.</p>	<p>29) CHICKEN WITH MUSHROOM SAUCE, BROWN RICE, PEAS AND CARROTS, MELON CUP, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, HOMEMADE POTATO SALAD.</p>	<p>30) HOMEMADE MEATLOAF WITH GRAVY, MASHED SWEET POTATOES, ZUCCHINI MEDLEY, AMBROSIA SALAD, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>31) TURKEY CHILI, BAKED SWEET POTATOES, LIMA BEANS, LEMON CAKE, ENTRÉE CEASAR CHICKEN SALAD WITH ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CEASAR DRESSING, CRACKERS.</p>

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