




JUNE 2018 MEALS ON WHEELS OF LONG BEACH JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p style="text-align: center;">PLEASE CALL YOUR SITE MANAGER BEFORE 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 433-0232</p>	<p>1) STUFFED BELL PEPPER, GARLIC AND CHIVE MASHED POTATOES, STEAMED CARROTS, FRESH BANANA, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO & SALSA DRESSING, CRACKERS.</p>
<p>4) BREADED FISH WITH MARINARA SAUCE, BROWN AND WILD RICE, LEMON PEPPER BROCCOLI, WATERMELON CHUNKS, TURKEY AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, ITALIAN PASTA SALAD.</p>	<p>5) HERB RUBBED ROASTED PORK W/ MUSHROOM GRAVY, OVEN BROWNED POTATOES, SEASONED ZUCCHINI, CHOCOLATE CAKE, ENTRÉE CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS</p>	<p>6) HOMEMADE MEATLOAF WITH BROWN GRAVY, AU GRATIN POTATOES, GREEN BEANS, AMBROSIA SALAD, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, ASIAN CUCUMBER SALAD.</p>	<p>7) OVEN BAKED BBQ CHICKEN LEG QUARTERS, MACARONI AND CHEESE, CALIFORNIA BLENDED VEGETABLES, TROPICAL FRUIT CUP, TUNA SALAD SANDWICH W/ LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.</p>	<p>8) BEEF AND BEAN CHILI, CORN BREAD, ZUCCHINI MEDLEY, VANILLA AND CHOCOLATE SWIRL PUDDING, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING AND CRACKERS.</p>
<p>11) MANDARIN SESAME CHICKEN BOWL, STEAMED BROWN RICE, ORIENTAL VEGETABLES, FRESH CANTALOUPE CHUNKS, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CREAMY COLE SLAW.</p>	<p>12) BEEF STEW WITH POTATOES, ONIONS, CELERY AND CARROTS, BISCUIT, CHOCOLATE PUDDING, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>13) TURKEY CHILI, BARLEY AND MUSHROOM PILAF, LEMON PEPPER BROCCOLI, TAPIOCA PUDDING, SLICED PEACHES, TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>14) MEAT LASAGNA, DINNER ROLL, ZUCCHINI MEDLEY, YOGURT WITH PEACHES AND STRAWBERRIES, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CARROT AND RAISIN SALAD.</p>	<p>15) SMOTHERED PORK ROAST, MASHED SWEET POTATOES, PEAS AND CARROTS, WATERMELON CHUNKS, ENTRÉE TURKEY & HAM COBB SALAD W/ EGG, TOMATO, BACON & BLUE CHEESE DRESSING, CRACKERS.</p>
<p>18) HOMEMADE SALISBURY STEAK W/ MUSHROOM GRAVY, OVEN BROWNED POTATOES, ZUCCHINI & TOMATOES, YOGURT W/ PEACHES, ROAST BEEF, TURKEY & CHEESE DELI SANDWICH W/ LETTUCE, TOMATO & PICKLE, THREE BEAN SALAD.</p>	<p>19) BREADED FISH AMANDINE WITH TARTAR SAUCE, RICE PILAF, MIXED VEGETABLES, CHOCOLATE CHIP COOKIES, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING AND CRACKERS.</p>	<p>20) TERIYAKI CHICKEN BOWL, BROWN AND WILD RICE, CORN, MANDARIN ORANGES WITH JICAMA, TURKEY, HAM & CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, & PICKLE, ITALIAN PASTA SALAD.</p>	<p>21) PEPPER STEAK, OVEN BROWNED POTATOES, GREEN BEANS, YOGURT WITH PEACHES AND STRAWBERRIES, EGG SALAD SANDWICH W/ LETTUCE & TOMATO, CUCUMBER, RED ONION & DILL SALAD.</p>	<p>22) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC AND CHIVE MASHED POTATOES, MIXED VEGETABLES, FRESH BANANA, TACO SALAD WITH SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO AND SALSA DRESSING, CRACKERS.</p>
<p>25) CHICKEN ENCHILADA VERDE CASSEROLE, SPANISH RICE, GREEN BEANS, YOGURT WITH PEACHES, TURKEY, HAM & CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, & PICKLE, CARROT AND RAISIN SALAD</p>	<p>26) TURKEY VEGETABLE STEW WITH CELERY, ONION, POTATOES, AND CARROTS, BISCUIT, TROPICAL FRUIT CUP, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</p>	<p>27) HERB RUBBED ROAST PORK WITH MUSTARD SAUCE, BROWN AND WILD RICE, CARROTS, PINEAPPLE UPSIDEDOWN CAKE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW.</p>	<p>28) SPAGHETTI WITH MEATBALLS, DINNER ROLL, SEASONED CAULIFLOWER AND BROCCOLI, FRESH RICE PUDDING, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</p>	<p>29) LEMON PEPPER OVEN BAKED CHICKEN BREAST, MACARONI AND CHEESE, CORN, FRESH ORANGE, ENTRÉE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</p>

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