

**MEALS ON WHEELS OF LONG BEACH**

**FEBRUARY 2012**

**MEALS ON WHEELS OF LONG BEACH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p><b>FISH AMANDINE</b> Lyonnaise Noodles/Squash Medley/Spinach Salad w/Mandarin Oranges/Whole Grain Roll/Tropical Fruit Salad/<b>TUNA SANDWICH/ BANANA</b></p>	<p><b>2</b></p> <p>Grape Juice <b>PORK CHOP SUEY</b> Brown Fried Rice Sautéed Cabbage Romaine Salad w/Mushrooms Chocolate Pudding <b>AMERICAN CHEESE SANDWICH/FRUIT CUP</b></p>	<p><b>3</b></p> <p>Cranberry Juice <b>ROAST TURKEY</b> Stuffing/Broccoli Tossed Salad/Dinner Roll Strawberry or Cherry Jell-O <b>COMBO SANDWICH/ HAWAIIAN COLESLAW</b></p>
<p><b>6</b></p> <p><b>ITALIAN MEATLOAF</b> Mashed Potatoes/Green Beans Carrot Raisin Salad Whole Grain Dinner Roll Butterscotch Pudding <b>HAM &amp; CHEESE SANDWICH/ KIDNEY BEAN SALAD</b></p>	<p><b>7</b></p> <p>Grape Juice <b>TERIYAKI CHICKEN w/PINEAPPLE &amp; GREEN PEPPERS</b> Brown &amp; Wild Rice Broccoli w/Red Peppers Tossed Salad w/Mushrooms &amp; Radishes/Oatmeal Cookies <b>EGG SANDWICH/PEACHES</b></p>	<p><b>8</b></p> <p>Cranberry Juice <b>LEMON BAKED FISH</b> Sweet Mashed Potatoes/Peas Macaroni Salad Whole Grain Bread Chocolate Pudding <b>TURKEY SALAD SANDWICH/ CARROT RAISIN SALAD</b></p>	<p><b>9</b></p> <p>Apple Juice <b>MEATBALL SANDWICH</b> Squash Medley/Oven Roasted Potatoes/Tossed Green Salad/French Sandwich Roll/Tropical Fruit Salad <b>TURKEY SANDWICH/ MARINATED BEET &amp; ONION SALAD</b></p>	<p><b>10</b></p> <p>Pineapple Juice <b>OVEN FRIED CHICKEN</b> Mashed Potatoes Brussels Sprouts Cornbread/Apple <b>PASTRAMI SANDWICH/ MACARONI SALAD</b></p>
<p><b>13</b></p> <p>Apple Juice <b>TURKEY BURGER</b> Baked Beans/Oven Browned Potatoes/Lettuce &amp; Tomato/Calico Coleslaw Whole Wheat Bun Chocolate Cookie/<b>COMBO SANDWICH/BEET SALAD</b></p>	<p><b>14</b></p> <p><i>Happy Valentine's Day!</i> Orange Juice <b>HONEY SHERRY CHICKEN</b> Rice Pilaf/Petite Peas/Green Salad w/Red Onions/Dinner Roll/Peach Cobbler/<b>TUNA SANDWICH/PINEAPPLE</b></p>	<p><b>15</b></p> <p>Grape Juice <b>ROAST PORK</b> Brown Rice Pilaf Green Beans/Caesar Salad Tropical Fruit Salad <b>BOLOGNA SANDWICH/APPLESAUCE</b></p>	<p><b>16</b></p> <p>Orange Juice <b>BBQ CHICKEN</b> Oven Roasted Potatoes Green Peas Tossed Salad w/Red Cabbage &amp; Mushrooms/Vanilla Pudding <b>EGG SALAD SANDWICH/ FRUIT COCKTAIL</b></p>	<p><b>17</b></p> <p><b>SPAGHETTI w/MEATBALLS</b> California Vegetables Blend Green Leafy Lettuce Salad w/Corn &amp; Cucumber Whole Grain Roll/Orange <b>HAM &amp; CHEESE SANDWICH/COLESLAW</b></p>
<p><b>20</b></p> <p><b>ALL SITES CLOSED</b></p> <p></p>	<p><b>21</b></p> <p>Grape Juice <b>ROAST BEEF w/GRAVY</b> Mashed Potatoes/Sliced Carrots Cucumber Tomato Salad Wheat Bread/Strawberry Jell-O <b>CHICKEN SALAD SANWICH/PASTA SALAD</b></p>	<p><b>22</b></p> <p>Pineapple Juice <b>FISH AMANDINE</b> Parslied Noodles Cauliflower w/Lemon Pepper Tossed Salad w/Red Cabbage/Apricots <b>TURKEY SANDWICH/ THREE BEAN SALAD</b></p>	<p><b>23</b></p> <p><b>CHILE COLORADO</b> Pinto Beans/Zucchini Mexicali Coleslaw Corn Tortillas Ambrosia Salad <b>AMERICAN CHEESE SANDWICH/DICED PEARS</b></p>	<p><b>24</b></p> <p><b>CARNITAS w/SALSA</b> Spanish Brown Rice Pinto Beans Mixed Field Greens Wheat Bread/Orange <b>BOLOGNA SANDWICH/ MOLDED FRUIT SALAD</b></p>
<p><b>27</b></p> <p>Apple Juice <b>VEGETARIAN LASAGNA</b> Broccoli/Romaine Salad w/Mushrooms/French Bread Vanilla or Rice Pudding <b>PASTRAMI SANDWICH/ POTATO SALAD</b></p>	<p><b>28</b></p> <p>Cranberry Juice <b>BBQ PORK ON A BUN</b> Baked Beans/Oven Browned Potatoes/Tomato Slices &amp; Lettuce Leaves/Whole Grain Hamburger Bun/Orange <b>COMBO SANDWICH/ HAWAIIAN COLESLAW</b></p>	<p><b>29</b></p> <p><b>BEEF STROGANOFF</b> Egg Noodles Mustard Greens/Coleslaw Whole Grain Bread Oatmeal Cookies <b>HAM &amp; CHEESE SANDWICH/FRUIT CUP</b></p>		

\*All MEALS SERVED WITH 1% LOW FAT MILK\*

. \*MENU SUBJECT TO CHANGE WITHOUT NOTICE\*