


# AUGUST 2018 MEALS ON WHEELS OF LONG BEACH AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>PLEASE CALL YOUR SITE MANAGER <u>BEFORE</u> 12 NOON TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000</b></p>	<p><b>1) BEEF STROGANOFF, SEASONED EGG NOODLES, GREEN BEANS WITH HERBS, OATMEAL COOKIE, HAM &amp; CHEESE SANDWICH WITH LETTUCE, TOMATO &amp; PICKLE, CREAMY COLE SLAW.</b></p>	<p><b>2) BAKED CHICKEN BREAST WITH MOLE SAUCE, SPANISH RICE, PINTO BEANS, FRESH TANGERINE, EGG SALAD SANDWICH WITH LETTUCE &amp; TOMATO, CARROT AND PINEAPPLE SALAD.</b></p>	<p><b>3) BAKED BREADED FISH, MACARONI &amp; CHEESE, MASHED BANANA SQUASH, FRESH CANTALOUPE, TACO SALAD W/ SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO &amp; SALSA DRESSING, CRACKERS.</b></p>
<p><b>6) SEASONED STEAK PICADO, BROWN AND WILD RICE, SEASONED BRUSSELS SPROUTS, CHOCOLATE PUDDING, TURKEY AND CHEESE SANDWICH WITH SPINACH, TOMATO AND PICKLE, ITALIAN PASTA SALAD.</b></p>	<p><b>7) VEGETARIAN FRITTATA, OVEN BROWNED POTATOES, SEASONED BROCCOLI, CARROT CAKE, ENTRÉE CHINESE CHICKEN SALAD W/ MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS</b></p>	<p><b>8) ROASTED PORK WITH MUSHROOM SAUCE, AU GRATIN POTATOES, PETITE GREEN PEAS, TROPICAL FRUIT SALAD CUP, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, ASIAN CUCUMBER SALAD.</b></p>	<p><b>9) HOMEMADE MEATLOAF WITH BROWN GRAVY, GARLIC &amp; CHIVE MASHED POTATOES, MIXED VEGETABLES, AMBROSIA SALAD, TUNA SALAD SANDWICH W/ LETTUCE &amp; TOMATO, CUCUMBER, RED ONION &amp; DILL SALAD.</b></p>	<p><b>10) BBQ CHICKEN LEG &amp; THIGH, MASHED SWEET POTATOES, SEASONED CAULIFLOWER, FRESH BANANA, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING AND CRACKERS.</b></p>
<p><b>13) SMOTHERED PORK CHOP, MACARONI &amp; CHEESE, PEAS &amp; ONIONS, PEARS WITH CINNAMON, HAM, TURKEY AND CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, TRI-COLOR COLE SLAW.</b></p>	<p><b>14) CURRY CHICKEN, BARLEY RICE &amp; MUSHROOM PILAF, MIXED VEGETABLES, FRESH CANTALOUPE, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</b></p>	<p><b>15) BEEF STEW WITH POTATOES, ONIONS, CELERY AND CARROTS, BISCUIT, RICE PUDDING, EGG SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</b></p>	<p><b>16) CHILI RELLENO CASSEROLE, SPANISH RICE, MEXICALI CORN, YOGURT WITH PEACHES, ROAST BEEF AND CHEESE SANDWICH WITH LETTUCE, TOMATO, AND PICKLE, CARROT AND RAISIN SALAD.</b></p>	<p><b>17) HOMEMADE TURKEY LASAGNA, LIMA BEANS, ZUCCHINI WITH TOMATOES, CHOCOLATE &amp; VANILLA SWIRL PUDDING, ENTRÉE TURKEY &amp; HAM COBB SALAD W/ EGG, TOMATO, BACON &amp; BLUE CHEESE DRESSING, CRACKERS.</b></p>
<p><b>20) HOMEMADE SALISBURY STEAK W/ MUSHROOM GRAVY, MASHED SWEET POTATOES, CALIFORNIA BLENDED VEGETABLES, FRESH PEACH, ROAST BEEF, TURKEY &amp; CHEESE DELI SANDWICH W/ LETTUCE, TOMATO &amp; PICKLE, THREE BEAN SALAD.</b></p>	<p><b>21) VEGETARIAN CHILI, BAKED POTATO WEDGES, BAKED BEANS, CHOCOLATE CHIP COOKIES, ENTRÉE CHEF'S SALAD WITH TURKEY, HAM, EGG, TOMATO, CHEESE, RANCH DRESSING AND CRACKERS.</b></p>	<p><b>22) CHICKEN TETRAZINNI, BROWN AND WILD RICE PILAF, MASHED BANANA SQUASH, FRESH BANANA, TURKEY, HAM &amp; CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, &amp; PICKLE, ITALIAN PASTA SALAD.</b></p>	<p><b>23) ROAST BEEF WITH MUSHROOM GRAVY, GARLIC &amp; CHIVE MASHED POTATOES, GREEN BEANS WITH HERBS, TAPIOCA PUDDING, EGG SALAD SANDWICH W/ LETTUCE &amp; TOMATO, CUCUMBER, RED ONION &amp; DILL SALAD.</b></p>	<p><b>24) HAWAIIAN CHICKEN BREAST, AU GRATIN POTATOES, BROCCOLI WITH HERBS, COCONUT CAKE, TACO SALAD WITH SHREDDED CHICKEN, DICED TOMATO, CORN, BLACK BEANS, CHEESE, CILANTRO AND SALSA DRESSING, CRACKERS.</b></p>
<p><b>27) LEMON PEPPER BAKED CHICKEN BREAST, SEASONED OVEN POTATOES, GREEN BEANS WITH PIMENTO, MANDARIN ORANGE, TURKEY, HAM &amp; CHEESE DELI SANDWICH WITH LETTUCE, TOMATO, &amp; PICKLE, GERMAN POTATO SALAD.</b></p>	<p><b>28) WHOLE WHEAT SPAGHETTI W/ MEATBALLS, DINNER ROLL, PEAS &amp; CARROTS, PEACHES WITH YOGURT, ENTRÉE GREEK CHICKEN SALAD, TOMATO, OLIVES, CUCUMBER, FETA CHEESE, VINAIGRETTE DRESSING AND CRACKERS.</b></p>	<p><b>29) CHICKEN ENCHILADA WITH RED SAUCE, SEASONED PINTO BEANS, CAULIFLOWER W/ HERBS, PINEAPPLE UPSIDEDOWN CAKE, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, BROCCOLI SLAW.</b></p>	<p><b>30) HERB RUBBED PORK ROAST WITH HONEY &amp; GARLIC, MACARONI &amp; CHEESE, ZUCCHINI &amp; TOMATOES, VANILLA PUDDING, CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, HOMEMADE POTATO SALAD.</b></p>	<p><b>31) TURKEY &amp; LENTAL STEW WITH POTATOES, ONIONS, CELERY AND CARROTS, DINNER ROLL, LIMA BEANS, FRESH BANANA, ENTRÉE CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.</b></p>

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