

OCTOBER 2023 MEALS ON WHEELS OF LONG BEACH OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) BEEF STEW WITH POTATOES, CELERY & CARROTS AND ONIONS, BISCUIT, FRESH ORANGE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD	3) CHICKEN BREAST MARSALA W/ MUSHROOM & WHITE WINE SAUCE, BROWN RICE, GREEN BEAN ALMONDINE, CARROTS, KIWI, CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.	4) PORK LOIN WITH APPLE BERRY SAUCE, BARLEY PILAF, PEAS & ONIONS, TANGERINE, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, ASIAN COLE SLAW.	5) SALISBURY STEAK WITH MUSHROOM GRAVY, GARLIC & CHIVE MASHED POTATOES, SEASONED BROCCOLI, FRESH PEARS, TURKEY & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, MARINATED BEET SALAD.	6) TURKEY CHILI, CORNBREAD, GREEN BEANS WITH PIMENTOS, PLUM, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, DRIED CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
9) BEEF GOULASH, WHOLE GRAIN DINNER ROLL, ZUCCHINI MEDLEY, PUDDING, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.	10) ROAST BEEF W/ MUSHROOM GRAVY, POTATOES AU GRATIN, SEASONED BROCCOLI, OATMEAL COOKIES, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.	11) CHICKEN NOODLE CASSEROLE, SEASONED CARROTS, BRUSSELS SPROUTS, CHOCOLATE PUDDING, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CARROT & RAISIN SALAD.	12) HERB ROASTED CHICKEN BREAST W/ HONEY MUSTARD SAUCE, BROWN RICE, SEASONED CAULIFLOWER, GREEN BEAN ALMANDINE, TANGERINE, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CREAMY COLESLAW.	13) SPAGHETTI AND MEATBALLS WITH MARINARA SAUCE, WHOLE GRAIN ROLL, SEASONED BROCCOLI, PEAR, CAESAR CHICKEN SALAD, ROMAINE LETTUCE SHREDDED CHEESE, CROUTONS, CAESAR DRESSING, CRACKERS.
16) CHICKEN ENCHILADA CASSEROLE WITH RED SAUCE, PINTO BEANS, SEASONED CAULIFLOWER, APPLESauce WITH CINNAMON, TUNA SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE MACARONI SALAD.	17) PORK LOIN WITH BROWN GRAVY, MASHED SWEET POTATOES, ZUCCHINI WITH TOMATOES, CHOCOLATE PUDDING, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.	18) VEGETABLE FRITTATA, WHOLE GRAIN ROLL, SEASONED CARROTS, TANGERINE, TURKEY AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, CUCUMBER, RED ONION AND DILL SALAD.	19) BEEF LASAGNA, WHOLE GRAIN DINNER ROLL, BROCCOLI & CAULIFLOWER, CHEF SPECIAL CAKE, ROAST BEEF & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CONFETTI SLAW.	20) ROAST TURKEY WITH SAGE GRAVY, CORNBREAD STUFFING, PEAS & CARROTS, BANANA, SPINACH SALAD WITH CHICKEN, MANDARIN ORANGES, CRANBERRIES, FETA CHEESE, VINAIGRETTE DRESSING & CRACKERS.
23) CHICKEN CACCIATORE, SEASONED EGG NOODLES, SEASONED BROCCOLI, PEAS & CARROTS, FRESH ORANGE, CHICKEN SALAD SANDWICH WITH SPINACH AND TOMATO, MARINATED BEET AND ONION SALAD.	24) BEEF TERIYAKI, BROWN RICE, ORIENTAL VEGETABLES, SEASONED CORN, PEACHES, KALE CHICKEN SALAD WITH CHOPPED KALE, SHREDDED BRUSSELS SPROUTS, DRIED CRANBERRIES, BASALMIC DRESSING, & CRACKERS.	25) OVEN BAKED CHICKEN BREAST W/ LEMON PEPPER SAUCE, RICE PILAF, GREEN BEANS W/ PIMENTOS, CARROTS, FRESH PEAR, HAM & CHEESE SANDWICH WITH LETTUCE, TOMATO & PICKLE, CARROT & PINEAPPLE SALAD.	26) STUFFED BELL PEPPERS, GARLIC & CHIVE MASHED POTATOES, PEAS WITH ONIONS, KIWI, TURKEY, HAM AND CHEESE SANDWICH WITH LETTUCE, TOMATO AND PICKLE, THREE BEAN SALAD.	27) BEEF PICADO, SPANISH RICE, BLACK BEANS, MEXICALI CORN, MANDARIN ORANGES, TURKEY & HAM COBB SALAD WITH EGG, TOMATO, BACON, BLUE CHEESE DRESSING, CRACKERS.
30) CURRY CHICKEN, BROWN & WILD RICE, ZUCCHINI WITH TOMATOES, SEASONED CORN, CARROT CAKE, EGG SALAD SANDWICH WITH SPINACH AND TOMATO, HOMEMADE POTATO SALAD.	31) POLISH SAUSAGE WITH SAUTED ONIONS & RED BELL PEPPERS, BAKED BEANS, LEMON PEPPER BROCCOLI, CANTALOUPE, CHINESE CHICKEN SALAD WITH MANDARIN ORANGES, CABBAGE, CARROTS, ONION, ASIAN DRESSING, CRACKERS.			<p style="text-align: center;">PLEASE CALL CARON ADLER, CLIENT MANAGER, BEFORE 9:00 AM TO CANCEL YOUR MEAL FOR THE NEXT WEEKDAY. (562) 439-5000 x1</p>



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