

NOVEMBER 2025

MEALS ON WHEELS OF LONG BEACH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Lasagna Dinner Roll, Zucchini Medley —Cream Sandwich Cookies— Egg Salad Sandwich with Spinach and Tomato, Carrot w/ Jicama Salad	4 Shepherd's Pie Green Beans Almondine, Carrots —Pear— Kale Chicken Salad w/ Chopped Kale Shredded Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers	5 Lemon Dijon Chicken Barley w/ Parsley, Brussel Sprouts, Mixed Vegetables —Tropical Fruit— Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Chipotle Creamy Coleslaw	6 Beef w/ Green Onions Stir Fry White Rice, Asian Mixed Vegetables, Steamed Cabbage —Pineapple & Mango— Garden Salad w/ Chicken Garbanzo Beans, Red Onion, Celery & Tomatoes, Italian Dressing & Crackers	7 BBQ Chicken Breast Mac n' Cheese, Collard Greens —Orange— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers
10 Sweet & Sour Pork Brown Rice, Broccoli, Carrots —Pear— Chicken Salad Sandwich with Spinach and Tomato, Marinated Tomato & Onion Salad	11 <u>CLOSED</u> 	12 Beef Stew Biscuit —Fruited Vanilla Yogurt— Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing & Crackers	13 Chicken Marsala w/ Mushroom & White Wine Sauce Penne Pasta, Carrots, Peas —Chef's Special Cake— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	14 Breaded Fish Cilantro Lime Rice, Green Beans —Banana— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinegarett Dressing & Crackers
17 Turkey Meatloaf w/ Red Sauce Au Gratin Potatoes, Zucchini —Melon— Tuna Salad Sandwich with Spinach and Tomato, Corn Relish Salad	18 Creamy Cilantro Fish Brown Rice, Brussel Sprouts, Corn —Peaches— Kale Chicken Salad w/ Chopped Kale Shredded Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers	19 Chicken Pasta w/ Creamy Green Sauce Spiral Pasta, Cauliflower, Peas —Waldorf Salad— Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Marinated Cucumber Tomato Salad	20 Roast Beef w/ Gravy Mashed Sweet Potatoes, Green Beans —Mandarin Orange— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.	21 Chicken Enchilada Casserole w/ Red Sauce Black Beans, Zucchini —Tangerine— Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers
24 Tuna Noodle Casserole Mixed Vegetables, Zucchini —Applesauce— Egg Salad Sandwich with Spinach and Tomato, Carrot & Pineapple Salad	25 Spaghetti w/ Meatballs WG Dinner Roll, Broccoli —Banana— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	26 Roast Turkey w/ Gravy Cornbread Stuffing, Mashed Potatoes, Peas & Carrots —Pumpkin Pie— Garden Salad w/ Chicken Garbanzo Beans, Red Onion, Celery & Tomatoes, Italian Dressing & Crackers	27 <u>CLOSED</u> 	28 <u>CLOSED</u> 
				

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