

FEBRUARY 2026

MEALS ON WHEELS OF LONG BEACH

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

February



1 Vegetable Frittata
Corn, Zucchini Medley
—Pear—
Tuna Salad Sandwich with
Spinach and Tomato,
Marinated Tomato and
Onion Salad

1 Hawaiian Chicken
w/ Pineapple
Brown Rice, Asian Mixed
Vegetables, Green Beans
—Cantaloupe—
Chinese Chicken Salad w/
Mandarin Oranges, Cabbage,
Carrots, Onion, Asian
Dressing & Crackers

1 Beef Stew
Biscuit
—Chef's Special Cake—
Ham & Cheese Sandwich w/
Lettuce, Tomato and Pickle,
Italian Pasta Salad

1 Chicken Marsala w/
Mushroom & White Wine Sauce
Penne Pasta, Carrots,
Peas
—Kiwi—
Chicken Caesar Salad,
Romaine Lettuce,
Croutons, Caesar Dressing
& Crackers

1 Breaded Fish
Cilantro Lime Rice, Fiesta
Corn
—Banana—
Garden Salad w/ Chicken
Garbanzo Beans, Purple
Cabbage, Celery &
Tomatoes, Italian Dressing
& Crackers

1 Salisbury Steak w/
Mushroom Gravy
Au Gratin Potatoes,
Broccoli
—Melon—
Chicken Salad Sandwich
with Spinach and Tomato,
Corn Relish Salad

1 Beef Stroganoff
Egg Noodles, Peas &
Onions, Cauliflower
—Peach—
Spinach Salad W/ Chicken,
Mandarin Oranges, Dried
Cranberries, Feta Cheese,
Vinaigrette Dressing

1 Roast Turkey
w/ Gravy
Herb Stuffing, Green Beans
—Banana—
Chef's Salad W/ Turkey,
Ham, Egg, Tomato, Bacon,
and Blue Cheese Dressing &
Crackers.

1 Roast Beef w/ Gravy
Garlic Chive Mashed
Potatoes, Collard Greens
—Mandarin Orange—
Turkey, & Cheese
Sandwich w/ Lettuce,
Tomato and Pickle,
Cucumber, Red Onion, and
Pill Salad

1 Chicken
w/ Wine Sauce
Whole Grain Penne Pasta,
Carrots, Zucchini Medley
—Valentine's Day Cake—
Garden Salad w/ Chicken
Garbanzo Beans, Radish &
Corn, Italian Dressing &
Crackers

1 **CLOSED**
HAPPY PRESIDENTS DAY

1 Teriyaki Chicken Bowl
White Rice, Asian Mixed
Vegetables, Steamed Cabbage
—Almond or Fortune
Cookies—
Egg Salad Sandwich with
Spinach and Tomato,
Marinated Asian Cucumber
Salad

1 Baked Fish w/ Wine,
Tomato & Onion Sauce
Sesame Broccoli, Corn
—Apple Crumb Cake—
Greek Chicken Salad w/
Tomato, Olives, Cucumber,
Feta Cheese, Vinaigrette
Dressing & Crackers

1 Chicken Enchilada
Casserole w/ Red Sauce
Black Beans, Zucchini
—Pudding—
Taco Salad w/ Chicken,
Diced Tomato, Corn, Black
Beans, Cheese, Cilantro,
Salsa Dressing & Crackers

1 Lemon Pepper
Chicken
Brown Rice, Carrots, Green
Beans
—Kiwi—
Kale Chicken Salad w/
Chopped Kale Shredded
Brussel Sprouts, Dried
Cranberries, Balsamic
Dressing & Crackers

2 Beef Chili Mac
Peas & Onions, Zucchini
Medley
—Pear—
Tuna Salad Sandwich with
Spinach and Tomato,
Mediterranean Salad

2 Rosemary Chicken w/
Creamy Garlic Sauce
Couscous Pilaf, Steamed
Cabbage, Carrots
—Cookie—
Chicken Caesar Salad,
Romaine Lettuce, Croutons,
Caesar Dressing & Crackers

2 Turkey a la King
Whole Grain Pasta,
Cauliflower, Green Beans
—Peach—
Ham & Cheese Sandwich w/
Lettuce, Tomato and Pickle,
Marinated Beet & Onion
Salad

2 Turkey Meatloaf
w/ Red Sauce
Au Gratin Potatoes,
Zucchini
—Fruit Cocktail w/
Coconut—
Greek Chicken Salad w/
Tomato, Olives, Cucumber,
Feta Cheese, Vinaigrette
Dressing & Crackers

2 Chicken Mole
Pinto Beans, Fiesta Corn
—Kiwi—
Taco Salad w/ Chicken,
Diced Tomato, Corn, Black
Beans, Cheese, Cilantro,
Salsa Dressing & Crackers