

FEBRUARY 2026

## MEALS ON WHEELS OF LONG BEACH

FEBRUARY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>Vegetable Frittata Corn, Zucchini Medley —Pear— Tuna Salad Sandwich with Spinach and Tomato, Marinated Tomato and Onion Salad</p>	<p>Hawaiian Chicken w/ Pineapple Brown Rice, Asian Mixed Vegetables, Green Beans —Cantaloupe— Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing &amp; Crackers</p>	<p>Beef Stew Biscuit —Chef's Special Cake— Ham &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Italian Pasta Salad</p>	<p>Chicken Marsala w/ Mushroom &amp; White Wine Sauce Penne Pasta, Carrots, Peas —Kiwi— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing &amp; Crackers</p>	<p>Breaded Fish Cilantro Lime Rice, Fiesta Corn —Banana— Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery &amp; Tomatoes, Italian Dressing &amp; Crackers</p>
<p>Salisbury Steak w/ Mushroom Gravy Au Gratin Potatoes, Broccoli —Melon— Chicken Salad Sandwich with Spinach and Tomato, Corn Relish Salad</p>	<p>1 Beef Stroganoff Egg Noodles, Peas &amp; Onions, Cauliflower —Peach— Spinach Salad W/ Chicken, Mandarin Oranges, Dried Cranberries, Feta Cheese, Vinaigrette Dressing</p>	<p>1 Roast Turkey w/ Gravy Herb Stuffing, Green Beans —Banana— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing &amp; Crackers.</p>	<p>1 Roast Beef w/ Gravy Garlic Chive Mashed Potatoes, Collard Greens —Mandarin Orange— Turkey, &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Cucumber, Red Onion, and Dill Salad</p>	<p>1 Chicken w/ Wine Sauce Whole Grain Penne Pasta, Carrots, Zucchini Medley —Valentine's Day Cake— Garden Salad w/ Chicken Garbanzo Beans, Radish &amp; Corn, Italian Dressing &amp; Crackers</p>
<p>1 <b>CLOSED</b> <b>HAPPY PRESIDENTS DAY</b></p>	<p>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</p>	<p>1 Baked Fish w/ Wine, Tomato &amp; Onion Sauce Sesame Broccoli, Corn —Apple Crumb Cake— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette Dressing &amp; Crackers</p>	<p>Chicken Enchilada Casserole w/ Red Sauce Black Beans, Zucchini —Pudding— Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing &amp; Crackers</p>	<p>Lemon Pepper Chicken Brown Rice, Carrots, Green Beans —Kiwi— Kale Chicken Salad w/ Chopped Kale Shredded Brussel Sprouts, Dried Cranberries, Balsamic Dressing &amp; Crackers</p>
<p>2 Beef Chili Mac Peas &amp; Onions, Zucchini Medley —Pear— Tuna Salad Sandwich with Spinach and Tomato, Mediterranean Salad</p>	<p>2 Rosemary Chicken w/ Creamy Garlic Sauce Couscous Pilaf, Steamed Cabbage, Carrots —Cookie— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing &amp; Crackers</p>	<p>2 Turkey a la King Whole Grain Pasta, Cauliflower, Green Beans —Peach— Ham &amp; Cheese Sandwich w/ Lettuce, Tomato and Pickle, Marinated Beet &amp; Onion Salad</p>	<p>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 &amp; Crackers</p>	<p>Chicken Mole Pinto Beans, Fiesta Corn —Kiwi— Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing &amp; Crackers</p>