

MAY 2026

MEALS ON WHEELS OF LONG BEACH

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 **Breaded Fish**

Cilantro Lime Rice, Mixed Vegetables
—Banana—
Taco Salad w/ Chicken, Diced Tomato, Corn, Black Beans, Cheese, Cilantro, Salsa Dressing & Crackers

4 **Salisbury Steak w/ Mushroom Gravy**

Au Gratin Potatoes, Broccoli
—Melon—
Chicken Salad Sandwich with Spinach and Tomato, Coleslaw w/ Chipotle

5 **Steak Picado**

Spanish Brown Rice, Black Beans, Carrots
—Tres Leches Cake—
Chicken Green Salad w/ Corn, Red Onions, and Tomatoes, Ranch Dressing & Crackers

6 **Roast Turkey w/ Gravy**

Herb Stuffing, Green Beans
—Banana—
Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Coleslaw

7 **Roast Beef w/ Gravy**

Garlic Chive Mashed Potatoes, Collard Greens
—Mandarin Oranges—
Kale Chicken Salad w/ Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers

8 **Chicken Breast Milano**

Pasta w/ Sundried Tomatoes, Carrots, Peas & Onions
—Cheesecake—
Garden Salad w/ Chicken Garbanzo Beans, Red Onion, Celery & Diced Tomatoes, Italian Dressing & Crackers

11 **Tuna Noodle Casserole**

Mixed Vegetables, Zucchini
—Applesauce—
Egg Salad Sandwich with Spinach and Tomato, Carrot & Pineapple Salad

12 **Spaghetti & Meatballs**

Broccoli, Dinner Roll
—Banana—
Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers

13 **Chicken Enchilada Casserole w/ Red Sauce**

Black Beans, Zucchini
—Pudding—
Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette

14 **Chicken Pasta w/ Creamy Green Sauce**

Spiral Pasta, Corn, Carrots
—Kiwi—
Turkey, Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Cucumber Salad

15 **Pork Loin w/ Black Pepper Sauce**

Sliced Sweet Potato, Green Beans
—Tangerine—
Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.

18 **Beef Chili Mac**

Peas & Onions, Zucchini Medley
—Banana Pudding w/ Wafers—
Tuna Salad Sandwich with Spinach and Tomato, Corn Relish Salad

19 **Roast Pork w/ Mustard Sauce**

Couscous, Steamed Cabbage
—Waldorf Salad—
Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing & Crackers

20 **Turkey a la King**

Whole Grain Pasta, Cauliflower, Green Beans
—Peach—
Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing & Crackers

21 **Turkey Meatloaf w/ Red Sauce**

Au Gratin Potatoes, Zucchini
—Fruit Cocktail w/ Coconut—
Turkey, & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Marinated Beet & Onion Salad

22 **Polish Sausage w/ Sauerkraut**

Baked Beans, Carrots
—Watermelon—
Kale Chicken Salad w/ Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers

25

CLOSED

HAPPY
Memorial Day

26 **Beef Teriyaki**

Brown Rice, Asian Vegetables, Steamed Cabbage
—Mandarin Orange w/ Jicama—
Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers

27 **Vegetable Frittata**

Corn, Green Beans
—Melon—
Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing & Crackers

28 **Oven Baked Chicken**

Corn Bread Stuffing, Brussel Sprouts
—Peaches—
Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Carrot & Raisin Salad

29 **Chile Relleno Casserole**

Spanish Rice, Zucchini
—Cookie—
Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers

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