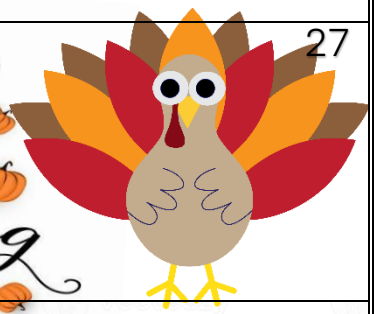
NOVEMBER 2026 **MEALS ON WHEELS OF LONG BEACH** **CALL: 562-439-5000x1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Turkey Meatloaf** Zucchini, Garlic & Chive Mashed Potatoes —Applesauce— Tuna Salad Sandwich with Spinach and Tomato, Marinated Tomato Salad	3 **Hawaiian Chicken w/ Pineapple** Brown Rice, Mixed Vegetables, Cauliflower —Waldorf Salad— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers	4 **Vegetable Frittata** Seasoned Corn, Broccoli — Pineapple & Mango— Kale Chicken Salad w/ Brussel Sprouts, Dried Cranberries, Balsamic Dressing & Crackers	5 **Rosemary Chicken Breast w/ Creamy Garlic Sauce** Couscous Pilaf, Carrots, Zucchini —Cookie— Ham & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Three Bean Salad	6 **Asian Beef w/ Green Onions** Brown Rice, Broccoli, Steamed Cabbage —Pear— Chinese Chicken Salad w/ Mandarin Oranges, Cabbage, Carrots, Onion, Asian Dressing
9 **BBQ Chicken** Mac n' Cheese, Collard Greens —Tropical Fruit— Egg Salad Sandwich with Spinach and Tomato, Italian Pasta Salad	10 **Beef Lasagna** Dinner Roll, Broccoli —Pear— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers	11  Veterans Day CLOSED	12 **Beef Stew** Biscuit —Cake— Turkey & Cheese Sandwich w/ Lettuce, Tomato and Pickle, Creamy Dill Cucumber Salad	13 **Chicken & Rice Casserole** Cauliflower, Peas & Onions —Orange— Turkey & Ham Cobb Salad w/ Egg, Tomato, Bacon, Ranch Dressing & Crackers
16 **Roast Pork w/ Mustard Sauce** Garlic & Chive Mashed Potatoes, Zucchini Medley —Peach— Chicken Salad Sandwich with Spinach and Tomato, Creamy Coleslaw	17 **Creamy Basil Chicken** Barley Piflaf, Peas, Carrots —Cantaloupe— Garden Salad w/ Chicken Garbanzo Beans, Purple Cabbage, Celery & Tomatoes, Italian Dressing & Crackers	18 **Salisbury Steak** Mashed Sweet Potatoes, Green Beans —Orange— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.	19 **Stuffed Bell Pepper** Carrots, Au Gratin Potatoes —Cookie— Turkey, Ham& Cheese Sandwich w/ Lettuce, Tomato and Pickle, Homemade Potato Salad	20 **Spaghetti & Meatballs** Zucchini, Dinner Roll —Banana Pudding w/ Wafers— Chicken Caesar Salad, Romaine Lettuce, Croutons, Caesar Dressing & Crackers
23 **Chicken Mole** Cilantro Lime Rice, Carrots —Tropical Fruit— Tuna Salad Sandwich with Spinach and Tomato, Corn Relish Salad	24 **Tuna Noodle Casserole** Corn, Green Beans —Applesauce— Greek Chicken Salad w/ Tomato, Olives, Cucumber, Feta Cheese, Vinaigrette	25 **Roast Turkey w/ Gravy** Corn Bread Stuffing, Mashed Potatoes, Peas & Carrots —Pumpkin Pie— Chef's Salad W/ Turkey, Ham, Egg, Tomato, Bacon, and Blue Cheese Dressing & Crackers.	26 	27 
30 **Pork Loin w/ Black Pepper Sauce** Sliced Sweet Potatoes, Green Beans —Cookie— Egg Salad Sandwich with Spinach and Tomato, Mediterranean Salad		NOVEMBER		

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