





Monday	Tuesday	Wednesday	Thursday	Friday
			<i>January 30th</i> beef tacos pinto beans Mexican corn pineapple tidbits	<i>January 31st</i> Asian chicken salad on lettuce bed green beans Jell-O w/fruit cocktail Hawaiian roll
3 (**) scrambled eggs sausage patties hash browns yogurt, biscuit orange juice	4 chicken enchilada casserole Spanish brown rice pinto beans; zucchini tropical fruit	5 sloppy joe on whole-wheat bun green salad broccoli peaches	6 chicken parmesan carrot coins mandarin oranges w/pineapple whole-wheat bread	7 Philly cheese steak potato wedges winter blend veggies fresh apple vanilla ice cream
10 grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad fresh pear	11 (**) veggie lasagna green salad peas orange garlic toast	12 beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	13 turkey sandwich on whole-wheat bread southwest black bean salad tropical fruit	14 cranberry orange chicken; brown rice mixed vegetables pineapple tidbits cake with cherries
17 Center Closed 	18 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	19 egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	20 lazy chicken breast boiled potatoes spinach mandarin oranges whole-wheat bread	21 pork loin w/roasted pepper sauce mashed potatoes green beans; roll peaches, oatmeal cookie
24 mandarin pork chops garden rice spinach fresh apple	25 chicken a la king biscuit w/entrée green beans pineapple oatmeal cookie	26 chef salad JoJo's broccoli salad fruit cocktail w/Jell-O whole-wheat bread	27 chicken alfredo fettuccini carrot coins fresh orange garlic toast	28 cheeseburger on whole-wheat bun beets tropical fruit

FAMILY SERVICE ASSOCIATION
 21250 Box Springs Road, Suite 212
 Moreno Valley, CA 92557
www.fsaca.org

1% Milk is served with every meal.
() INDICATES A HIGH SODIUM MEAL - OVER 1,000mg**
MEALS are subject to CHANGE due to the availability of
food products

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Banning	(951) 849-1920
Beaumont	(951) 769-8524
Cabazon	(951) 922-1097
Calimesa	(909) 795-2287
Eddie Dee Smith	(951) 275-9975
Highgrove	(951) 241-7221
Menifee (Sun City)	(951) 679-0119
Moreno Valley	(951) 247-1667
Perris	(951) 657-7334
San Jacinto	(951) 654-2054

Your voluntary contribution helps us to continue providing you with a nutritious meal.

Suggested contribution is \$3.00

THANK YOU

Please see your FSA site contact with any questions or comments on your meal and service experience today

Lunch is served from 11:30am – 12:30pm M - F



FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY

RIVERSIDE COUNTY OFFICE ON AGING THROUGH A GRANT AWARDED FROM THE CALIFORNIA DEPARTMENT OF AGING AND HUD

(800) 510-2020

Family Services Association Menu Analysis*

February 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Breakfast	832	36	86	22	1184
4	Enchilada Casserole	713	50	89	18	789
5	Sloppy Joes	579	33	73	20	509
6	Chicken Parmesan	786	55	98	20	905
7	Philly Cheese Steak	1205	57	141	49	767
10	Chicken Sandwich	645	47	77	18	601
11	Veggie Lasagna	690	34	60	23	1226
12	Beef Patty	899	39	150	20	650
13	Turkey Sandwich	660	46	86	17	811
14	Cranberry Orange Chicken	984	36	161	24	725
18	Burrito	848	38	128	23	684
19	Egg Salad Sandwich	683	36	76	28	841
20	Lazy Chicken	586	37	69	21	396
21	Turkey Breast	972	40	165	19	513
24	Mandarin Pork	839	68	65	35	385
25	Chicken a la King	670	34	79	26	573
26	Chef Salad	632	43	79	17	830
27	Chicken Alfredo	978	57	142	20	642
28	Cheeseburger	686	43	65	29	690

****Menu analysis includes entrée, all sides, dessert, milk and any other non-optional menu items for each meal.**

***Each menu's nutrient analysis is an estimate only. Actual values may change based on season, method of nutrient analysis for foods used in menu analysis, growing conditions, cooking and storage methods, menu changes and other factors. KMD**

We need to recognize the generous support of our local community organizations and HUD (Housing & Urban Development) grants that enable us to provide this service in Riverside County:

**CITY OF MORENO VALLEY * CITY OF SAN JACINTO * RIVERSIDE COUNTY EDA
CITY OF PERRIS * CITY OF JURUPA VALLEY * SOCAL GAS * MEALS ON WHEELS AMERICA**