

# FEBRUARY 2024 HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 (**)</b> #2636 honey mustard turkey "ham" sweet potatoes corn; pineapple and mandarin oranges	<b>2</b> #2687 cheese cannelloni peas & carrots Italian green beans fresh apple pudding with pineapple
<b>5</b> #2605 meatloaf w/gravy mashed potatoes California vegetables fruit cocktail w/Jell-O whole-wheat bread	<b>6 (**)</b> #4612 chicken enchilada refried beans chuck wagon corn baby carrots fresh orange	<b>7</b> #2686 pork patty w/gravy mashed potatoes collard greens mandarin oranges whole-wheat bread	<b>8</b> #7629LP veggie "chicken" parmesan corn, Italian green beans pineapple w/Jell-O whole-wheat bread	<b>9</b> #2618 chicken noodle casserole w/biscuit mixed vegetables broccoli cranberry juice, banana
<b>12</b> #2625 tuna casserole peas, creamed corn whole-wheat bread orange juice oatmeal cookie	<b>13</b> #4615 chicken ranchero w/rice pinto beans California vegetables mandarin oranges corn tortilla	<b>14</b> #2624 BBQ chicken mashed potatoes brown rice; spinach tropical fruit w/Jell-O whole-wheat bread	<b>15</b> #2637 rotini w/meat sauce mixed vegetables Italian green beans pineapple tidbits whole-wheat bread	<b>16 (**)</b> #2691 Salisbury steak brown rice red cabbage diced pears whole-wheat bread
<b>19</b> #2627 spaghetti w/meat sauce broccoli mixed vegetables apple	<b>20</b> #4610 pollo chimichurri rice; broccoli mixed vegetables pineapple tidbits whole-wheat bread	<b>21</b> #2676 chili over rice brown rice peas & carrots, corn fruit cocktail w/Jell-O whole-wheat bread	<b>22</b> #2606 turkey w/gravy sweet potatoes Scandinavian veggies orange; dinner roll oatmeal cookie	<b>23</b> #5691 beef & cheese enchilada California vegetables Mexican corn fresh pear whole-wheat bread
<b>26</b> #7616LP veggie Salisbury steak brown rice peas, carrots tropical fruit whole-wheat bread	<b>27 (**)</b> #2636 honey mustard turkey "ham" sweet potatoes corn; pineapple whole-wheat bread	<b>28</b> #2649 chicken patty w/mushroom gravy mashed potatoes broccoli; Jell-O with mandarin oranges	<b>29</b> #2637 rotini w/meat sauce mixed vegetables Italian green beans apple whole-wheat bread	<i>March 1st</i> chicken fajita brown rice Mexican corn diced peaches tapioca pudding

SENIOR NUTRITION OFFICE  
(951) 342 - 3057

- Fontana (909) 770-8173
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Your voluntary donation helps us to continue providing you with a nutritious meal. Suggested donation is \$3.00

## THANK YOU

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

FAMILY SERVICE ASSOCIATION  
21250 Box Springs Road, Suite 212  
Moreno Valley, CA 92557  
[www.fsaca.org](http://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



FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY

Riverside County Office on Aging and the San Bernardino County Departments of Aging & Adult Services through grants awarded from the California Department of Aging and HUD

(800) 510-2020

# Family Service Association Frozen Menu Analysis\*

February 2024

<b>Date</b>	<b>Menu**</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>	<b>Sodium (mg)</b>
<b>1</b>	Honey Mustard Turkey Ham	594	29	101	12	1144
<b>2</b>	Cheese Cannelloni	731	29	113	19	970
<b>5</b>	Meatloaf	574	31	88	13	955
<b>6</b>	Chicken Enchilada	573	35	89	11	1031
<b>7</b>	Pork Patty	613	34	83	19	981
<b>8</b>	Veggie Chicken Parmesan	584	40	62	3	946
<b>9</b>	Chicken Noodle Casserole	960	38	143	28	894
<b>12</b>	Tuna Casserole	725	41	104	17	810
<b>13</b>	Chicken Ranchero	571	33	88	13	894
<b>14</b>	BBQ Chicken	571	30	92	11	872
<b>15</b>	Rotini	650	36	91	16	780
<b>16</b>	Salisbury Steak	647	30	100	15	1046
<b>19</b>	Spaghetti	577	31	89	12	762
<b>20</b>	Pollo Chimichurri	652	34	85	23	715
<b>21</b>	Chili	655	39	101	13	927
<b>22</b>	Turkey	585	28	92	13	931
<b>23</b>	Beef and Cheese Enchilada	663	35	87	22	896
<b>26</b>	Veggie Salisbury Steak	582	37	44	10	970
<b>27</b>	Honey Mustard Ham	593	29	100	12	1141
<b>28</b>	Chicken Patty	664	32	92	20	830
<b>29</b>	Rotini	676	36	98	16	780

**\*\*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 that enable us to provide this service in Riverside & San Bernardino Counties:**

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 CITY OF LOMA LINDA \* CITY OF GRAND TERRACE \* CITY OF YUCAIPA \* CITY OF RANCHO CUCAMONGA  
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