

# FEBRUARY 2024

# CONGREGATE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> chicken pasta primavera green beans mandarin oranges w/pineapple whole-wheat bread	<b>2</b> Philly cheese steak on a hoagie roll potato wedges winter blend veggies apple; vanilla ice cream
<b>5</b> beef patty mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	<b>6 (**)</b> veggie lasagna peas green salad orange whole-wheat bread	<b>7</b> grilled chicken breast sandwich cucumber tomato salad mandarin oranges oatmeal cookie	<b>8</b> penne marinara w/mozzarella spinach pineapple tidbits whole-wheat bread	<b>9</b> spaghetti w/meat sauce mixed vegetables tropical fruit
<b>12</b> veggie Swedish meatballs herbed noodles cauliflower pears	<b>13</b> beef stew spinach mandarin oranges whole-wheat bread white cake w/cherries	<b>14</b> egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	<b>15</b> beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	<b>16</b> cranberry orange chicken brown rice mixed vegetables tropical fruit
<b>19</b> <i>Center Closed</i> 	<b>20</b> chicken a la king biscuit in entrée green beans pineapple oatmeal cookie	<b>21</b> macaroni & beef mixed vegetables fruit cocktail w/Jell-O whole-wheat bread	<b>22</b> chicken fettuccini alfredo carrot coins fresh orange whole-wheat bread	<b>23</b> cheeseburger on whole-wheat bread cold spinach & beet salad tropical fruit
<b>26 (**)</b> BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	<b>27</b> cheese ravioli w/marinara sauce mandarin oranges w/Jell-O	<b>28</b> arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread	<b>29</b> beef tacos pinto beans Mexican corn apple	<i>March 1st</i> baked cod red potatoes winter vegetables diced peaches tapioca pudding

**SENIOR NUTRITION OFFICE**  
**(951) 342 - 3057**

*Lunch is served*  
**11:30am – 12:30pm, Monday – Friday**

**Your voluntary donation of \$3.00**  
**helps us to continue providing you**  
**with a nutritious meal**

**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 Department of Aging & Adult Services -Public Guardian and through grants awarded from the California Department of Aging and the United States Department of HUD.

**(800) 510-2020**

# Family Service Association Menu Analysis\*

February 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Chicken Pasta Primavera	814	54	102	24	453
2	Philly Cheese Steak	1205	57	141	49	767
5	Beef Patty	899	39	150	20	650
6	Veggie Lasagna	657	34	60	20	1225
7	Grilled Chicken Sandwich	574	42	78	12	490
8	Penne Marinara	872	41	118	24	751
9	Spaghetti w/ Meat sauce	657	32	104	14	462
12	Swedish Veggie Meatballs	814	42	129	16	813
13	Beef Stew	998	37	152	30	888
14	Egg Salad Sandwich	683	36	76	28	841
15	Beef Burrito	848	38	128	23	684
16	Cranberry Orange Chicken	943	47	141	21	890
19	CLOSED					
20	Chicken a la King	645	34	80	22	553
21	Mac and Beef	863	45	108	30	834
22	Chicken Alfredo	946	57	142	17	642
23	Cheeseburger	758	44	64	37	744
26	BBQ Pork Riblet	811	36	100	33	1469
27	Cheese Ravioli	642	28	107	14	952
28	Arroz con Pollo	559	48	60	16	536
29	Beef Tacos	824	46	97	32	803

**\*\*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.*

**We need to recognize the generous support of our local community organizations that enable us to provide this service:**

**CITY OF MORENO VALLEY \* CITY OF SAN JACINTO \* CITY OF JURUPA VALLEY \* SOCALGAS**  
**RIVERSIDE COUNTY BOARD OF SUPERVISORS DISTRICT 3 \* CITY OF PERRIS**  
**CITY OF LOMA LINDA \* CITY OF GRAND TERRACE \* CITY OF YUCAIPA \* CITY OF RANCHO CUCAMONGA**  
**CITY OF CHINO \* CITY OF ONTARIO \* TOWN OF YUCCA VALLEY \* RIVERSIDE COUNTY EDA**  
**\* CITY OF REDLANDS \* CITY OF TWENTYNINE PALMS \* MEALS ON WHEELS AMERICA**