




# APRIL 2026 HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1 #2676</b> chili brown rice peas, corn carrots pineapple	<b>2 #2604</b> pasta shells Italian blend vegetables corn fresh orange whole-wheat bread	<b>3 #2644 to 4605</b> carne de puerco (pork) brown rice black beans carrots tropical fruit, Jell-O
<b>6 #2683</b> spinach lasagna carrots, zucchini mandarin oranges whole-wheat bread Jell-O	<b>7 #2626</b> sweet & sour chicken brown rice oriental veggies, peas pears whole-wheat bread	<b>8 #2627</b> spaghetti & meatballs mixed vegetables broccoli tropical fruit whole-wheat bread	<b>9 #5611</b> cheese enchilada peas corn & peppers peaches	<b>10 #2653</b> curry chicken strips brown rice, cauliflower mixed vegetables fresh fruit in season whole-wheat bread
<b>13 #2661</b> chicken cacciatore spinach mixed vegetables pineapple, pudding whole-wheat bread	<b>14 #2677</b> teriyaki meatballs brown rice green beans, carrots tropical fruit whole-wheat bread	<b>15 #2686</b> pork patty mashed potatoes collard greens diced peaches whole-wheat bread	<b>16 #2625</b> tuna casserole peas creamed corn banana or watermelon whole-wheat bread	<b>17 #2663</b> macaroni & cheese spinach corn whole-wheat bread orange juice
<b>20 #2660</b> scrambled eggs, turkey ham, hashed browns cinnamon apples mandarin oranges graham crackers	<b>21 #2638</b> beef meatballs brown rice carrots, succotash apple whole-wheat bread	<b>22 #2670</b> Santa Fe chicken refried beans chuck wagon corn tropical fruit whole-wheat bread	<b>23 #4634</b> chicken cordon bleu brown rice California vegetables apricots w/Jell-O whole-wheat bread	<b>24 #2602</b> turkey a la king peas carrots pineapple, orange juice whole-wheat bread
<b>27 (**) #2673</b> BBQ pork riblet brown rice, hash browns baked beans mandarin oranges whole-wheat bread	<b>28 #2634</b> Swiss steak mashed potatoes mixed vegetables tropical fruit, pudding whole-wheat bread	<b>29 #2622</b> chili peas, corn & carrots pineapple w/Jell-O whole-wheat bread	<b>30 #2658</b> chicken fajitas brown rice Mexican corn fresh apple whole-grain tortilla	

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

Fontana (909) 770-8173  
 Moreno Valley (951) 247-1667  
 San Bernardino (951) 214-6515  
 San Jacinto (951) 654-2054  
 Yucaipa (909) 918-4306  
 Yucca Valley (760) 257-5761

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 Department of Aging and Adult Services-Public Guardian. The materials or product were a result of a project funded by a contract with the California Department of Aging.

**(800) 510-2020**

# Family Service Association Frozen Menu Analysis\*

April 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Chili	567	35	84	12	766
2	Pasta Shells	666	38	96	16	776
3	Carne de Puerco	605	38	92	10	501
6	Spinach Lasagna	750	33	127	15	787
7	Sweet and Sour Chicken	557	36	85	9	535
8	Spaghetti with Veggie Meatballs	621	35	95	12	905
9	Cheese Enchilada	689	32	87	25	975
10	Curry Chicken Strips	591	31	88	14	813
13	Chicken Cacciatore	727	39	107	17	821
14	Teriyaki Meatballs	573	29	81	14	815
15	Pork Patty	613	35	82	19	982
16	Tuna Casserole	663	41	103	13	743
17	Mac and Cheese	763	39	104	22	931
20	Breakfast	579	28	91	13	975
21	Meatballs	610	31	99	12	944
22	Santa Fe Chicken	591	34	89	14	809
23	Chicken Cordon Bleu	690	39	94	20	689
24	Turkey a la King	601	31	95	11	859
27	Pork Riblet	595	35	81	17	1041
28	Swiss Steak	653	31	94	15	920
29	Chili	601	37	91	12	927
30	Chicken Fajitas	560	27	86	7	351

**\*\*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:**

**CITY OF MORENO VALLEY \* CITY OF SAN JACINTO \* CITY OF JURUPA VALLEY \* SOCAL GAS  
 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**