

AUGUST 2026

HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 #2650 chicken fettuccini peas carrots whole-wheat bread orange juice	4 #2631 chicken chow mein brown rice peas, corn tropical fruit w/Jell-O whole-wheat bread	5 #2637 rotini w/meat sauce mixed vegetables Italian green beans Diced peaches whole-wheat bread	6 (**) #2636 honey mustard turkey "ham" sweet potatoes, corn mandarin oranges whole-wheat bread	7 #2662 breaded fish filet hash browns brown rice, mixed veg fresh apple pudding w/pineapple
10 #2605 meatloaf w/gravy mashed potatoes California vegetables fruit cocktail w/Jell-O whole-wheat bread	11 (**) #4612 chicken enchilada refried beans chuck wagon corn baby carrots fresh pear	12 #2617 cheese omelet spinach cinnamon apples yogurt mandarin oranges	13 #2681 Swedish meatballs peas mixed vegetables pineapple w/Jell-O whole-wheat bread	14 #2618 chicken noodle casserole mixed vegetables banana, cranberry juice biscuit, cake
17 #2625 tuna casserole peas, creamed corn whole-wheat bread orange juice oatmeal cookie	18 #4615 chicken ranchero w/rice pinto beans California vegetables mandarin oranges corn tortilla	19 #2624 BBQ chicken mashed potatoes brown rice, spinach tropical fruit w/Jell-O whole-wheat bread	20 #2661 chicken cacciatore mixed vegetables spinach pineapple tidbits whole-wheat bread	21 (**) #2691 Salisbury steak brown rice red cabbage diced pears whole-wheat bread
24 #2627 spaghetti w/meat sauce broccoli mixed vegetables apple whole-wheat bread	25 #2686 pork patty w/rice mashed potatoes collard greens pineapple tidbits whole-wheat bread	26 #2676 beef chili over rice peas & carrots corn fruit cocktail w/Jell-O whole-wheat bread	27 #2606 turkey w/gravy sweet potatoes Scandinavian veggies fresh orange oatmeal cookie	28 #2653 curried chicken strips brown rice, cauliflower mixed vegetables peaches whole-wheat bread
31 #4643 Salisbury steak mashed potatoes peas tropical fruit whole-wheat bread				

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
 Each week, avg. sodium is less than 760mg

MEALS are subject to CHANGE due to the availability of food products.

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



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*

August 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Chicken Fettuccini	628	39	91	12	750
4	Chicken Chow Mein	658	39	101	13	758
5	Rotini with Meat Sauce	651	36	91	16	786
6	Honey Mustard Turkey Ham	594	29	101	12	1147
7	Breaded Fish	843	32	136	20	926
10	Meatloaf	564	31	86	13	950
11	Chicken Enchilada	609	34	102	11	1059
12	Cheese Omlette	644	31	84	21	682
13	Swedish Meatballs	715	33	106	19	710
14	Chicken Noodle Casserole	918	38	141	24	864
17	Tuna Casserole	734	41	108	16	872
18	Chicken Ranchero	571	33	88	13	894
19	BBQ Chicken	571	30	92	11	872
20	Chicken Cacciatore	580	37	81	12	660
21	Salisbury Steak	647	30	100	15	1046
24	Spaghetti	645	34	100	12	897
25	Pork Patty	612	35	82	19	975
26	Chili	655	39	101	13	927
27	Turkey	570	29	91	12	946
28	Curried Chicken Strips	595	31	91	14	814
31	Salisbury Steak	574	35	76	15	617

****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:

MEALS ON WHEELS AMERICA

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CITY OF MORENO VALLEY * CITY OF SAN JACINTO * CITY OF JURUPA VALLEY

CITY OF LOMA LINDA * CITY OF YUCAIPA * CITY OF CHINO * CITY OF ONTARIO * TOWN OF YUCCA VALLEY