

FEBRUARY 2026 HOME DELIVERED MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 #2650 chicken fettuccini peas carrots whole-wheat bread orange juice	3 #2631 chicken chow mein brown rice green peas; corn tropical fruit w/Jell-O whole-wheat bread	4 #2644 to 2637 rotini w/meat sauce mixed vegetables Italian green beans diced peaches whole-wheat bread	5 (**) #2636 honey mustard turkey "ham" sweet potatoes, corn pineapple w/mandarin oranges	6 #2687 cheese cannelloni peas & carrots Italian green beans fresh apple pudding w/pineapple
9 #2605 meatloaf w/gravy mashed potatoes California vegetables fruit cocktail w/Jell-O whole-wheat bread	10 (**) #4612 chicken enchilada refried beans chuck wagon corn baby carrots fresh pear	11 #2617 cheese omlette spinach cinnamon apples mandarin oranges English muffin	12 #7629LP to 2681 Swedish meatballs egg noodles mixed veggies, peas pineapple w/Jell-O whole-wheat bread	13 #2618 chicken noodle casserole mixed veggies, broccoli biscuit, banana cranberry juice; cake
16 #2625 tuna casserole creamed corn; peas orange juice whole-wheat bread oatmeal cookie	17 #4615 chicken ranchero rice, pinto beans California vegetables mandarin oranges corn tortilla	18 #2624 BBQ chicken mashed potatoes brown rice; spinach tropical fruit w/Jell-O whole-wheat bread	19 #2637 to 2661 BBQ pork riblet mashed potatoes brown rice, spinach peaches whole-wheat bread	20 (**) #2691 Salisbury steak brown rice red cabbage fresh pear whole-wheat bread
23 #2627 spaghetti broccoli mixed vegetables apple	24 #2686 pork patty w/gravy mashed potatoes rice, collard greens pineapple tidbits whole-wheat bread	25 #2676 beef chili over rice peas & carrots corn fruit cocktail w/Jell-O whole-wheat bread	26 #2606 turkey w/gravy sweet potatoes Scandinavian veggies dinner roll, orange oatmeal cookie	27 #5691 to 2653 curried chicken strips brown rice; cauliflower mixed vegetables peaches whole-wheat bread
3/2 #7616LP to 4643 Salisbury steak mashed potatoes peas tropical fruit whole-wheat bread	3/3 #2636 honey mustard turkey "ham" sweet potatoes, corn pineapple whole-wheat bread	<i>February 16th</i> 		= THANKS = for your DONATIONS 

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**

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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
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RIVERSIDE COUNTY
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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 Services Association Frozen Menu Analysis*

February 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Chicken Fettuccini	628	39	91	12	750
3	Chicken Chow Mein	658	39	101	13	758
4	Rotini with Meat Sauce	651	36	91	16	786
5	Honey Mustard Turkey Ham	594	29	101	12	1144
6	Cheese Cannelloni	734	29	111	19	970
9	Meatloaf	574	31	88	13	955
10	Chicken Enchilada	609	34	102	11	1059
11	Cheese Omlette	605	28	78	21	713
12	Swedish Meatballs	715	33	106	19	710
13	Chicken Noodle Casserole	960	38	143	28	894
16	Tuna Casserole	725	41	104	17	810
17	Chicken Ranchero	571	33	88	13	894
18	BBQ Chicken	571	30	92	11	872
19	Chicken Cacciatore	580	37	81	12	660
20	Salisbury Steak	647	30	100	15	1046
23	Spaghetti	580	31	87	12	762
24	Pork Patty	612	35	82	19	975
25	Chili	655	39	101	13	927
26	Turkey	585	28	92	13	931
27	Curried Chicken Strips	595	31	91	14	814

**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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