

JANUARY 2026 HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		<i>January 19th</i> Martin Luther King Day	1 #2604 pasta shells Italian vegetables corn fresh orange whole-wheat bread	2 #2644 beef burgundy mashed potatoes green beans tropical fruit; Jell-O whole-wheat bread
5 #4638 to 2683 spinach lasagna carrots zucchini mandarin oranges Jell-O	6 #2626 sweet & sour chicken brown rice oriental veggies, peas pears whole-wheat bread	7 #7627LP to #2627 spaghetti & meatballs mixed vegetables broccoli tropical fruit whole-wheat bread	8 (**) #5611 cheese enchilada peas corn & peppers peaches flour tortilla	9 #2653 curry chicken strips brown rice; cauliflower mixed vegetables apple whole-wheat bread
12 #7629LP to #2661 chicken cacciatore spinach mixed vegetables pineapple, Jell-O whole-wheat bread	13 #2677 teriyaki meatballs brown rice carrots, green beans tropical fruit whole-wheat bread	14 #2686 pork patty mashed potatoes collard greens diced peaches whole-wheat bread	15 #2625 tuna casserole peas creamed corn banana or watermelon whole-wheat bread	16 #2663 macaroni & cheese spinach corn whole-wheat bread orange juice
19 #7616LP to 2660 scrambled eggs turkey ham hash browns cinnamon apple; orange graham crackers	20 #2638 beef meatballs brown rice, carrots succotash mandarin oranges whole-wheat bread	21 #2670 Santa Fe chicken refried beans chuck wagon corn tropical fruit whole-wheat bread	22 #4607 to #4643 Swiss steak mashed potatoes peas apricots w/Jell-O whole-wheat bread	23 #2602 turkey a la king peas carrots pineapple tidbits, O.J. whole-wheat bread
26 #2626 sweet & sour chicken brown rice oriental veggies, peas mandarin oranges whole-wheat bread	27 #2634 Swiss steak mashed potatoes mixed vegetables tropical fruit, pudding whole-wheat bread	28 #4614 white bean chicken chili brown rice; carrots fresh apple whole-wheat bread	29 #5658 to #2658 chicken fajitas brown rice Mexican corn pineapple w/Jell-O corn tortilla	30 #4602 tinga de pollo & rice chipotle sweet potatoes peas Jell-O w/fruit cocktail 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 - OVER 1,000mg**
MEALS are subject to CHANGE due to the availability of
food products

SENIOR NUTRITION OFFICE
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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



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 Services Association Frozen Menu Analysis*

January 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Pasta Shells	666	38	96	16	776
2	Beef Burgandy	653	29	63	21	706
5	Spinach Lasagna	750	33	127	15	787
6	Sweet and Sour Chicken	557	36	85	9	535
7	Spaghetti with Veggie Meatballs	621	35	95	12	905
8	Cheese Enchilada	777	34	102	27	1182
9	Curry Chicken Strips	591	31	88	14	813
12	Chicken Cacciatore	660	38	101	12	705
13	Teriyaki Meatballs	573	29	81	14	815
14	Pork Patty	613	35	82	19	982
15	Tuna Casserole	663	41	103	13	743
16	Mac and Cheese	763	39	104	22	931
19	Breakfast	572	29	88	13	969
20	Meatballs	584	31	92	11	949
21	Santa Fe Chicken	591	34	89	14	809
22	Swiss Steak	611	35	86	15	636
23	Turkey a la King	601	31	95	11	859
26	Sweet and Sour Chicken	556	36	85	9	536
27	Swiss Steak	653	31	94	15	920
28	Chicken Chili	678	34	111	12	600
29	Chicken Fajitas	570	28	90	7	373
30	Tinga de Pollo	683	40	48	10	490

****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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