

JULY 2026

HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		1 #2676 chili brown rice peas, corn carrots pineapple	2 #2604 pasta shells Italian vegetables corn fresh orange whole-wheat bread	3 #4605 carne de puerco brown rice, black beans carrots tropical fruit Jell-O
6 #2631 chicken chow mein w/brown rice peas, carrots mandarin oranges Jell-O	7 #2635 sweet & sour chicken brown rice oriental veggies, peas pears whole-wheat bread	8 #2627 spaghetti w/veggie meatballs mixed vegetables broccoli tropical fruit	9 (**) #5611 cheese enchilada black bean salad peas corn & peppers peaches	10 #2653 curry chicken strips brown rice cauliflower mixed vegetables fresh apple
13 #2661 chicken cacciatore spinach mixed vegetables pineapple vanilla pudding	14 #2677 teriyaki meatballs brown rice green beans, carrots tropical fruit whole-wheat bread	15 #2686 pork patty mashed potatoes collard greens diced peaches whole-wheat bread	16 #2625 tuna casserole peas creamed corn banana or watermelon whole-wheat bread	17 #2637 rotini w/meat sauce mixed vegetables Italian green beans whole-wheat bread orange juice
20 #2660 scrambled eggs turkey ham, hash browns cinnamon apples mandarin oranges graham crackers	21 #2638 meatballs brown rice carrots, succotash apple whole-wheat bread	22 #2670 Santa Fe chicken refried beans chuck wagon corn tropical fruit whole-wheat bread	23 #4634 chicken cordon bleu brown rice California vegetables apricots w/Jell-O whole-wheat bread	24 #2602 turkey a la king peas carrots pineapple tidbits, O.J. whole-wheat bread
27 (**) #2673 BBQ pork riblet hash brown potatoes baked beans brown rice mandarin oranges	28 #2634 Swiss steak mashed potatoes mixed vegetables tropica fruit, pudding whole-wheat bread	29 #2622 chili peas, corn & carrots pineapple w/Jell-O whole-wheat bread	30 #2658 chicken fajitas brown rice black bean salad Mexican corn fresh apple	31 #4602 tinga de pollo w/rice chipotle sweet potatoes peas Jell-O w/fruit cocktail whole-wheat bread

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

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.



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*

July 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	Chicken Chow Mein	603	36	98	9	612
7	Sweet and Sour Chicken	557	36	85	9	535
8	Spaghetti with Veggie Meatballs	621	35	95	12	905
9	Cheese Enchilada	821	39	114	26	1121
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	Rotini With Meat Sauce	642	36	86	16	778
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	691	35	114	8	497
31	Tinge 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:

MEALS ON WHEELS AMERICA

CITY OF PERRIS * CITY OF MENIFEE * CITY OF SAN BERNARDINO

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