

JUNE 2026

HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 #4643 Salisbury steak mashed potatoes peas tropical fruit whole-wheat bread	2 (**) #2636 honey mustard turkey "ham" sweet potatoes, corn pineapple whole-wheat bread	3 #2649 chicken patty mashed potatoes broccoli apple whole-wheat bread	4 #2683 spinach lasagna zucchini carrots mandarin oranges whole-wheat bread	5 #2658 chicken fajita brown rice Mexican corn diced peaches tapioca pudding
8 #2679 huevos a la Mexicana country potatoes pinto beans fruit cocktail w/Jell-O whole-wheat bread	9 (**) #2635 turkey enchilada carrots green beans tropical fruit whole-wheat bread	10 #2615 baked chicken w/gravy mashed potatoes rice, broccoli diced pears chocolate pudding	11 #2687 cheese cannelloni green beans peas & carrots mandarin oranges garlic breadstick	12 #2602 turkey a la king peas, carrots baby carrot bag whole-wheat bread cranberry juice
15 #2622 chili peas, corn & carrots diced pears w/Jell-O whole-wheat bread	16 (**) #2648 mandarin chicken brown rice; peas oriental vegetables pineapple tidbits oatmeal cookie	17 #2604 mac, ham & cheese Italian vegetables Corn fresh apple whole-wheat bread	18 #2630 BBQ pork riblet mashed potatoes brown rice; spinach peaches whole-wheat bread	19 #2662 breaded fish filet hash browns brown rice mixed vegetables mandarin orange
22 #4643 Swiss steak mashed potatoes peas apricots whole-wheat bread	23 #2624 BBQ chicken mashed potatoes brown rice; spinach fresh grapes w/Jell-O whole-wheat bread	24 #2684 turkey noodle casserole broccoli mixed vegetables tropical fruit; cake whole-wheat bread	25 #2620 Swedish meatballs noodles carrots & peas oranges whole-wheat bread	26 #5670 pollo Santa Fe refried beans; rice broccoli Golden Delicious apple whole-wheat bread
29 #2637 rotini & meat sauce mixed vegetables Italian green beans diced peaches whole-wheat bread	30 (**) #2669 chicken ranchero pinto beans Spanish rice mixed vegetables apricots, orange juice			

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 - OVER 1,000mg MEALS are subject to CHANGE due to the availability of food products**

Aging in Motion
RIVERSIDE COUNTY OFFICE ON AGING
Aging & Ability Resource Center

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* June 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Salisbury Steak	574	35	76	15	617
2	Honey Mustard Ham	593	29	100	12	1141
3	Chicken Patty	653	31	87	20	802
4	Spinach Lasagna	670	32	108	15	741
5	Chicken Fajita	673	31	106	10	659
8	Huevos a la mexicana	617	35	93	13	742
9	Turkey Enchilada	611	30	70	24	1041
10	Baked Chicken	708	34	102	17	602
11	Cheese Cannelloni	601	28	78	19	987
12	Turkey a la King	593	32	95	10	918
15	Chili	604	37	92	12	931
16	Mandarin Chicken	661	34	98	17	1083
17	Mac, Ham and Cheese	699	37	105	16	778
18	BBQ Pork	564	33	69	19	928
19	Breaded Fish	669	30	97	19	802
22	Swiss Steak	571	34	76	15	613
23	BBQ Chicken	571	30	93	11	863
24	Turkey Noodle Casserole	731	40	100	21	665
25	Swedish Meatballs	954	34	82	14	925
26	Pollo Santa Fe	604	37	85	15	849
29	Rotini and Meat sauce	651	36	91	16	786
30	Chicken Ranchero	604	31	96	11	1008

****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**