

MARCH 2026 HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 #7616LP to 4643 Salisbury steak mashed potatoes peas tropical fruit whole-wheat bread	3 (**) #2636 honey mustard turkey "ham" sweet potatoes, corn pineapple whole-wheat bread	4 #2649 chicken patty w/gravy mashed potatoes broccoli apple whole-wheat bread	5 #2683 spinach lasagna zucchini, carrots mandarin oranges w/Jell-O whole-wheat bread	6 #2658 chicken fajita brown rice Mexican corn diced peaches tapioca pudding
9 #2628 to 2679 meatloaf w/gravy mashed potatoes California vegetables fruit cocktail w/Jell-O whole-wheat bread	10 (**) #2635 turkey enchilada carrots green beans tropical fruit whole-wheat bread	11 #2615 baked chicken w/gravy mashed potatoes rice, broccoli diced pears chocolate pudding	12 #2687 cheese cannelloni green beans peas & carrots mandarin oranges garlic breadstick	13 #2602 turkey a la king peas, carrots baby carrot bag whole-wheat bread orange juice
16 #2622 chili peas, corn & carrots diced pears w/Jell-O whole-wheat bread	17 (**) #2648 mandarin chicken brown rice, peas oriental vegetables pineapple tidbits Jell-O poke cake	18 #2604 mac, ham & cheese Italian vegetables corn fresh pear whole-wheat bread	19 #2630 BBQ pork riblet mashed potatoes brown rice, spinach peaches whole-wheat bread	20 #2662 breaded fish filet hash browns, brown rice mixed vegetables mandarin oranges whole-wheat bread
23 #4607 to 4634 chicken cordon bleu brown rice California vegetables apricots	24 #2624 BBQ chicken mashed potatoes brown rice, spinach grapes w/Jell-O whole-wheat bread	25 #2628 to 2684 turkey noodle casserole broccoli mixed vegetables tropical fruit, cake whole-wheat bread	26 #2620 Swedish meatballs noodles carrots & peas oranges whole-wheat bread	27 #5670 pollo Santa Fe refried beans rice, broccoli Golden Delicious apple whole-wheat bread
30 #2637 rotini & meat sauce mixed vegetables Italian green beans diced peaches whole-wheat bread	31 (**) #2669 chicken ranchero Spanish rice pinto beans 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**

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*

March 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Salisbury Steak	574	35	76	15	617
3	Honey Mustard Ham	593	29	100	12	1141
4	Chicken Patty	653	31	87	20	802
5	Spinache Lasagna	710	33	118	15	764
6	Chicken Fajita	673	31	106	10	659
9	Huevos a la mexicana	617	35	93	13	742
10	Turkey Enchilada	611	30	70	24	1041
11	Baked Chicken	708	34	102	17	602
12	Cheese Cannelloni	601	28	78	19	987
13	Turkey a la King	576	32	90	10	918
16	Chili	604	37	92	12	931
17	Mandarin Chicken	854	34	146	18	1318
18	Mac, Ham and Cheese	706	38	107	16	777
19	BBQ Pork	564	33	69	19	928
20	Breaded Fish	669	30	97	19	802
23	Chicken Cordon Bleu	585	35	71	19	532
24	BBQ Chicken	571	30	93	11	863
25	Turkey Noodle Casserole	731	40	100	21	665
26	Swedish Meatballs	954	34	82	14	925
27	Pollo Santa Fe	604	37	85	15	849
30	Rotini and Meat sauce	651	36	91	16	786
31	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:

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