

**MAY 2026**

**HOME DELIVERED MEAL MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 #4602</b> tinga de pollo, rice chipotle sweet potatoes peas fruit cocktail w/Jell-O whole-wheat bread
<b>4 #2650</b> chicken fettuccini peas carrots whole-wheat bread orange juice	<b>5 #2631</b> chicken chow mein brown rice green peas; corn tropical fruit, Jell-O whole-wheat bread	<b>6 #2637</b> rotini w/meat sauce mixed vegetables Italian green beans diced peaches whole-wheat bread	<b>7 (**) #2636</b> honey mustard turkey "ham", sweet potatoes corn mandarin oranges whole-wheat bread	<b>8 #2687</b> cheese cannelloni peas & carrots Italian green beans fresh apple pudding w/pineapple
<b>11 #2605</b> meatloaf w/gravy mashed potatoes California vegetables fruit cocktail w/Jell-O whole-wheat bread	<b>12 (**) #4612</b> chicken enchilada refried beans chick wagon corn baby carrots fresh pear	<b>13 #2617</b> cheese omelet spinach; yogurt cinnamon apples mandarin oranges whole-wheat bread	<b>14 #2681</b> Swedish meatballs peas mixed vegetables pineapple w/Jell-O whole-wheat bread	<b>15 #2618</b> chicken noodle casserole; broccoli mixed vegetables biscuit; banana cranberry juice; cake
<b>18 #2625</b> tuna casserole peas, creamed corn whole-wheat bread orange juice oatmeal cookie	<b>19 #4615</b> chicken ranchero, rice pinto beans California vegetables mandarin oranges corn tortilla	<b>20 #2624</b> BBQ chicken mashed potatoes brown rice, spinach tropical fruit w/Jell-O whole-wheat bread	<b>21 #2661</b> chicken cacciatore mixed vegetables spinach pineapple tidbits whole-wheat bread	<b>22 (**) #2691</b> Salisbury steak brown rice red cabbage fresh pear whole-wheat bread
<b>25 #2673</b> spaghetti broccoli mixed vegetables apple	<b>26 #2686</b> pork patty w/gravy rice, mashed potatoes collard greens pineapple tidbits whole-wheat bread	<b>27 #2676</b> beef chili over rice peas & carrots corn fruit cocktail w/Jell-O whole-wheat bread	<b>28 #2606</b> turkey w/gravy sweet potatoes Scandinavian veggies fresh orange oatmeal cookie	<b>29 #2653</b> curried chicken strips brown rice, cauliflower mixed vegetables peaches 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](http://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 Service Association Frozen Menu Analysis\*

May 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Tinge de Pollo	683	40	48	10	490
4	Chicken Fettuccini	628	39	91	12	750
5	Chicken Chow Mein	658	39	101	13	758
6	Rotini with Meat Sauce	651	36	91	16	786
7	Honey Mustard Turkey Ham	594	29	101	12	1147
8	Cheese Cannelloni	734	29	111	19	970
11	Meatloaf	564	31	86	13	950
12	Chicken Enchilada	609	34	102	11	1059
13	Cheese Omelet	644	31	84	21	682
14	Swedish Meatballs	715	33	106	19	710
15	Chicken Noodle Casserole	960	38	143	28	894
18	Tuna Casserole	725	41	104	17	810
19	Chicken Ranchero	571	33	88	13	894
20	BBQ Chicken	571	30	92	11	872
21	Chicken Cacciatore	580	37	81	12	660
22	Salisbury Steak	647	30	100	15	1046
25	Spaghetti	580	31	87	12	762
26	Pork Patty	612	35	82	19	975
27	Chili	655	39	101	13	927
28	Turkey	585	28	92	13	931
29	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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