

NOVEMBER 2026 HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 #2650 chicken fettuccine peas carrots whole-wheat bread orange juice	3 #2631 chicken chow mein brown rice peas, corn tropical fruit w/Jell-O whole-wheat bread	4 #2637 rotini w/meat sauce mixed vegetables Italian green beans diced peaches whole-wheat bread	5 (**) #2636 honey mustard turkey "ham" sweet potatoes; corn mandarin oranges whole-wheat bread	6 #2662 breaded fish fillet brown rice, hash browns mixed vegetables fresh peach pudding w/pineapple
9 #2605 meatloaf w/gravy mashed potatoes California vegetables fruit cocktail w/Jell-O whole-wheat bread	10 (**) #4612 chicken enchilada refried beans chuck wagon corn baby carrots cantaloupe	11 #2617 cheese omlette spinach cinnamon apples yogurt mandarin oranges	12 #2681 Swedish beef meatballs egg noodles peas, mixed veggies pineapple w/Jell-O whole-wheat bread	13 #2618 chicken noodle casserole mixed veggies, broccoli cranberry juice, banana biscuit, cake
16 #2625 tuna casserole creamed corn; peas whole-wheat bread orange juice oatmeal cookie	17 #4615 chicken ranchero rice, pinto beans California vegetables fresh orange corn tortilla	18 #2624 BBQ chicken mashed potatoes brown rice, spinach tropical fruit w/Jell-O whole-wheat bread	19 #2661 chicken cacciatore mixed vegetables spinach pineapple tidbits whole-wheat bread	20 (**) #2691 Salisbury steak brown rice red cabbage diced pears whole-wheat bread
23 #2627 spaghetti broccoli mixed vegetables applesauce whole-wheat bread	24 #2686 pork patty w/gravy mashed potatoes rice, collard greens pineapple tidbits whole-wheat bread	25 #2676 beef chili over rice brown rice, corn peas & carrots fruit cocktail w/Jell-O whole-wheat bread	26 #2606 turkey w/gravy sweet potatoes Scandinavian veggies honeydew chocolate chip cookie	27 #2653 curried chicken strips brown rice, cauliflower mixed vegetables peaches whole-wheat bread
30 #4643 Salisbury steak mashed potatoes peas tropical fruit 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
 Each week, avg. sodium is less than 760mg

MEALS are subject to CHANGE due to the availability of food products.

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Fontana (909) 770-8173
 Moreno Valley (951) 247-1667
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 San Jacinto (951) 654-2054
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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* November 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Chicken Fettuccini	628	39	91	12	750
3	Chicken Chow Mein	658	39	101	13	758
4	Rotini with Meat Sauce	651	36	91	16	786
5	Honey Mustard Turkey Ham	594	29	101	12	1147
6	Breaded Fish	807	33	126	20	924
9	Meatloaf	564	31	86	13	950
10	Chicken Enchilada	550	34	85	11	1074
11	Cheese Omlette	644	31	84	21	682
12	Swedish Meatballs	715	33	106	19	710
13	Chicken Noodle Casserole	918	38	141	24	864
16	Tuna Casserole	734	41	108	16	872
17	Chicken Ranchero	563	33	85	13	887
18	BBQ Chicken	571	30	92	11	872
19	Chicken Cacciatore	580	37	81	12	660
20	Salisbury Steak	647	30	100	15	1046
23	Spaghetti	595	34	89	12	898
24	Pork Patty	612	35	82	19	975
25	Chili	655	39	101	13	927
26	Turkey	574	28	85	15	986
27	Curried Chicken Strips	595	31	91	14	814
30	Salisbury Steak	574	35	76	15	617

****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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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