

OCTOBER 2026 HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1 #2604 pasta shells Italian vegetables corn fresh orange whole-wheat bread	2 #4605 carne de puerco (pork) black beans brown rice; carrots tropical fruit Jell-O
5 #2631 chicken chow mein brown rice peas, corn mandarin oranges Jell-O	6 #2626 sweet & sour chicken brown rice; peas oriental vegetables diced pears whole-wheat bread	7 #2627 spaghetti & meatballs mixed vegetables broccoli tropical fruit whole-wheat bread	8 (**) #5611 cheese enchilada three bean salad peas corn & peppers peaches	9 #2653 curry chicken strips brown rice; cauliflower mixed vegetables green grapes whole-wheat bread
12 #2661 chicken cacciatore spinach mixed vegetables pineapple vanilla pudding	13 #2677 teriyaki meatballs brown rice; carrots green beans tropical fruit whole-wheat bread	14 #2686 pork patty mashed potatoes collard greens diced peaches whole-wheat bread	15 #2625 tuna casserole peas creamed corn banana or watermelon whole-wheat bread	16 #2637 rotini w/meat sauce mixed vegetables Italian green beans whole-wheat bread orange juice
19 #2660 scrambled eggs turkey ham hash browns cinnamon apples mandarin oranges	20 #2638 beef meatballs brown rice; carrots succotash fresh nectarine whole-wheat bread	21 #2670 Santa Fe chicken refried beans chuck wagon corn tropical fruit whole-wheat bread	22 #4634 chicken cordon bleu brown rice California vegetables apricots w/Jell-O whole-wheat bread	23 #2602 turkey a la king peas carrots pineapple tidbits whole-wheat bread, O.J.
26 (**) #2673 BBQ pork riblet hash brown potatoes baked beans, brown rice mandarin oranges whole-wheat bread	27 #2669 Swiss steak mashed potatoes mixed vegetables tropical fruit chocolate pudding	28 #2622 chili peas, corn & carrots pineapple w/Jell-O whole-wheat bread	29 #2658 chicken fajitas brown rice three bean salad Mexican corn red grapes	30 #4602 tinga de pollo w/rice chipotle sweet potatoes peas Jell-O w/fruit cocktail 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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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*

October 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Pasta Shells	666	38	96	16	776
2	Carne de Puerco	605	38	92	10	501
5	Chicken Chow Mein	603	36	98	9	612
6	Sweet and Sour Chicken	557	36	85	9	535
7	Spaghetti with Veggie Meatballs	621	35	95	12	905
8	Cheese Enchilada	756	33	104	25	1375
9	Curry Chicken Strips	571	31	85	14	814
12	Chicken Cacciatore	727	39	107	17	821
13	Teriyaki Meatballs	573	29	81	14	815
14	Pork Patty	613	35	82	19	982
15	Tuna Casserole	663	41	103	13	743
16	Rotini With Meat Sauce	642	36	86	16	778
17	Breakfast	579	28	91	13	975
20	Meatballs	575	32	89	12	942
21	Santa Fe Chicken	591	34	89	14	809
22	Chicken Codon Bleu	690	39	94	20	689
23	Turkey a la King	601	31	95	11	859
26	Pork Riblet	595	35	81	17	1041
27	Swiss Steak	667	32	95	16	931
28	Chili	601	37	91	12	927
29	Chicken Fajitas	607	29	101	7	752
30	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

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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