

SEPTEMBER 2026 HOME DELIVERED MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1 (**) #2636 honey mustard turkey "ham" sweet potatoes, corn pineapple whole-wheat bread	2 #2649 chicken patty w/gravy mashed potatoes broccoli apple whole-wheat bread	3 #2683 meatballs w/gravy brown rice carrots, succotash mandarin oranges tapioca pudding	4 #2658 chicken fajita brown rice black bean salad Mexican corn diced peaches
7 #2679 huevos a la Mexicana country potatoes pinto beans fruit cocktail w/Jell-O whole-wheat bread	8 (**) #2635 turkey enchilada carrots green beans tropical fruit whole-wheat bread	9 #2615 baked chicken w/gravy mashed potatoes rice, broccoli diced pears chocolate pudding	10 #2627 spaghetti w/meatballs mixed vegetables broccoli mandarin oranges whole-wheat bread	11 #2602 turkey a la king peas, carrots baby carrot bag whole-wheat bread cranberry juice
14 #2622 chili peas, corn & carrots diced pears in Jell-O whole-wheat bread	15 (**) #2648 mandarin chicken brown rice, peas oriental vegetables pineapple tidbits oatmeal cookie	16 #2604 mac, ham & cheese Italian vegetables corn fresh apple whole-wheat bread	17 #2630 BBQ pork riblet mashed potatoes brown rice, spinach peaches whole-wheat bread	18 #2662 breaded fish filet brown rice, hash browns mixed vegetables mandarin oranges whole-wheat bread
21 #4643 Swiss steak mashed potatoes peas apricots whole-wheat bread	22 #2624 BBQ chicken mashed potatoes brown rice, spinach fresh grapes in Jell-O whole-wheat bread	23 #2684 turkey noodle casserole broccoli mixed vegetables tropical fruit, cake	24 #2620 Swedish meatballs w/noodles carrots & peas oranges whole-wheat bread	25 #5670 pollo Santa Fe w/rice refried beans broccoli Golden Delicious apple whole-wheat bread
28 #2637 rotini & meat sauce mixed vegetables Italian green beans diced peaches whole-wheat bread	29 (**) #2669 chicken ranchero Spanish rice pinto beans mixed vegetables apricots, orange juice	30 #2676 beef chili w/brown rice peas & corn carrots pineapple		

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

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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*

September 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Honey Mustard Ham	593	29	100	12	1141
2	Chicken Patty	653	31	87	20	802
3	Meatballs with Gravy	584	31	92	11	949
4	Chicken Fajita	603	34	96	7	498
7	Huevos a la mexicana	617	35	93	13	742
8	Turkey Enchilada	611	30	70	24	1041
9	Baked Chicken	708	34	102	17	602
10	Spaghetti with Meatballs	616	34	95	12	902
11	Turkey a la King	593	32	95	10	918
14	Chili	604	37	92	12	931
15	Mandarin Chicken	661	34	98	17	1083
16	Mac, Ham and Cheese	699	37	105	16	778
17	BBQ Pork	564	33	69	19	928
18	Breaded Fish	669	30	97	19	802
21	Swiss Steak	571	34	76	15	613
22	BBQ Chicken	571	30	93	11	863
23	Turkey Noodle Casserole	731	40	100	21	665
24	Swedish Meatballs	954	34	82	14	925
25	Pollo Santa Fe	604	37	85	15	849
28	Rotini and Meat sauce	651	36	91	16	786
29	Chicken Ranchero	604	31	96	11	1008
30	Chili	567	35	84	12	766

****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 LOMA LINDA * CITY OF YUCAIPA * CITY OF CHINO * CITY OF ONTARIO * TOWN OF YUCCA VALLEY