




# APRIL 2026 CONGREGATE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		1 macaroni & beef mixed vegetables pineapple whole-wheat bread	2 BBQ chicken garden rice wax beans fresh orange whole-wheat bread	3 ham w/cranberry sauce scalloped potatoes green beans dinner roll pineapple w/pudding
6 chicken taco salad pinto beans Mexican corn tropical fruit whole-grain tortilla	7 Spanish beef roast Spanish rice Brussels sprouts pears whole-wheat bread	8 (**) cheeseburger on whole-wheat bun potato salad baked beans; mixed fruit or watermelon	9 chile relleno casserole pinto beans broccoli orange flour tortilla	10 Darryl's breaded cod brown rice green beans apple vanilla pudding
13 beef stroganoff spinach pineapple whole-wheat bread	14 tuna salad sandwich (open face) pickled beet salad pears; mandarin oranges w/Jell-O	15 (**) pork w/verde sauce pinto beans corn, zucchini & tomato peaches flour tortilla	16 sloppy joe on whole-wheat bun vegetable soup broccoli salad fresh seasonal fruit	17 BBQ chicken brown rice green salad Brussels sprouts orange juice
20 chicken noodle casserole mixed vegetables pineapple tidbits, O.J. whole-wheat bread	21 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O	22 chicken fajitas pinto beans cauliflower fresh apple flour tortillas	23 (**) BBQ pork riblet brown rice cold black bean salad broccoli pears	24 pepper steak w/gravy mashed potatoes green beans fresh orange whole-wheat bread
27 (**) chili dog on whole-wheat bun picnic coleslaw broccoli/cauliflower salad; pineapple	28 stuffed bell pepper mixed vegetables pineapple whole-wheat bread	29 cod w/lemon butter garden brown rice Brussels sprouts green salad apple, sugar cookie	30 beef tacos pinto beans Mexican corn peaches	

**SENIOR NUTRITION OFFICE**  
**(951) 342 - 3057**

*Lunch is served*  
**11:30am – 12:30pm, Monday – Friday**

**Your voluntary contribution of**  
**\$3.00**  
**helps us to continue providing you**  
**with a nutritious meal**

**THANK YOU**

Please see your FSA site contact with  
any questions or comments on your  
meal and service experience today.

**Minimum age 60 to participate**  
**Guests under 60, fee is \$9.75**



**FUNDING FOR THIS SERVICE HAS  
BEEN PROVIDED BY**

Riverside County Office on Aging and the San Bernardino County Department of Aging & 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**  
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**

# Family Service Association Menu Analysis\*

April 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Macaroni and Beef	839	44	102	30	807
2	BBQ Chicken	553	44	71	11	458
3	Beef Stroganoff	786	46	111	19	747
6	Chicken Taco Salad	646	49	81	13	632
7	Spanish Beef	572	45	62	18	741
8	Cheeseburger	924	47	106	35	1510
9	Chili Relleno Casserole	622	37	71	21	961
10	Breaded Fish	677	33	95	20	630
13	Beef Stroganoff	643	46	83	16	675
14	Tuna Salad Sandwich	565	35	92	8	849
15	Pork w/Verde sauce	696	45	76	24	1122
16	Sloppy Joe	617	37	79	20	576
17	BBQ Chicken	695	43	78	23	367
20	Chicken Noodle Casserole	695	47	95	15	522
21	Egg Salad Sandwich	818	40	76	42	741
22	Chicken Fajita	672	47	97	11	953
23	BBQ Riblet	913	43	128	30	1126
24	Pepper Steak	612	33	80	5	753
27	Chili Dog	755	32	76	37	1264
28	Stuffed Pepper	564	34	71	12	748
29	Fish	830	39	120	24	488
30	Beef Tacos	1226	76	126	50	981

**\*\*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.*

**We need to recognize the generous support of our local community organizations that enable us to provide this service:**

**CITY OF MORENO VALLEY \* CITY OF SAN JACINTO \* CITY OF JURUPA VALLEY \* SOCALGAS  
 RIVERSIDE COUNTY BOARD OF SUPERVISORS DISTRICT 3 \* CITY OF PERRIS  
 CITY OF LOMA LINDA \* CITY OF GRAND TERRACE \* CITY OF YUCAIPA \* CITY OF RANCHO CUCAMONGA  
 CITY OF CHINO \* CITY OF ONTARIO \* TOWN OF YUCCA VALLEY \* RIVERSIDE COUNTY EDA  
 \* CITY OF REDLANDS \* CITY OF TWENTYNINE PALMS \* MEALS ON WHEELS AMERICA**