

AUGUST 2026 CONGREGATE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 (**) scrambled eggs sausage patties hash browns yogurt, orange juice whole-wheat biscuit	4 chicken enchilada casserole; zucchini Spanish brown rice pinto beans tropical fruit	5 beef patty w/gravy mashed red potatoes w/spinach Jell-O w/fruit cocktail whole-wheat bread	6 chicken parmesan carrot coins mandarin oranges w/pineapple vanilla ice cream	7 Philly cheesesteak potato wedges green beans fresh apple saltines
10 grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad cantaloupe	11 meatloaf w/gravy spinach mashed potatoes green salad honeydew melon	12 mac & beef casserole green salad broccoli peaches whole-wheat dinner roll	13 turkey cheeseburger on whole-wheat bun green salad w/garbanzo beans tropical fruit	14 cranberry orange chicken; brown rice mixed vegetables pineapple tidbits cake w/cherries
17 Swedish meatballs w/noodles & gravy broccoli peaches whole-wheat bread	18 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	19 egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	20 turkey w/gravy mashed potatoes green beans mandarin oranges whole-wheat roll	21 pork loin baked potato capri vegetables fruit cocktail cherry pie
24 chicken a la king biscuit in entree green beans pineapple	25 cheeseburger on whole-wheat bun JoJo's broccoli salad tropical fruit chocolate chip cookie	26 chef salad beets fruit cocktail w/Jell-O whole-wheat saltines	27 chicken alfredo fettuccini California vegetables fresh orange garlic toast	28 tuna salad vegetable soup carrots w/ranch pears, cranberry juice whole-wheat bread
31 pepper steak w/gravy brown rice butternut squash apricots				

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

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 Services Association Menu Analysis*

August 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
3	Breakfast	702	31	86	16	1029
4	Enchilada Casserole	713	50	89	18	789
5	Beef Patty	618	34	74	23	523
6	Chicken Parmesan	1035	59	126	33	867
7	Philly Cheese Steak	1031	53	132	36	543
10	Chicken Sandwich	553	47	51	18	617
11	Meatloaf	720	47	66	32	563
12	Mac and Beef	828	43	104	28	803
13	Turkey Burger	632	44	62	24	673
14	Cranberry Orange Chicken	984	36	161	24	725
17	Swedish Meatballs	855	42	102	33	753
18	Burrito	1200	52	215	25	636
19	Egg Salad Sandwich	683	36	76	28	841
20	Turkey	732	45	123	9	777
21	Pork Loin	1058	38	145	37	592
24	Chicken a la King	585	41	68	18	577
25	Cheeseburger	845	45	84	38	734
26	Chef Salad	588	40	72	16	924
27	Chicken Alfredo	970	60	138	20	615
28	Tuna Salad	577	36	80	14	848
31	Pepper Steak	652	29	72	14	591

****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:

MEALS ON WHEELS AMERICA

CITY OF PERRIS * CITY OF MENIFEE * CITY OF SAN BERNARDINO

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