

FEBRUARY 2026 CONGREGATE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 (**) scrambled eggs sausage patties hash browns yogurt biscuit, orange juice	3 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	4 mac & beef casserole on whole-wheat bun green salad broccoli peaches	5 chicken parmesan carrot coins mandarin oranges w/pineapple whole-wheat bread	6 Philly cheesesteak potato wedges winter blend veggies fresh apple vanilla ice cream
9 grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad fresh pear	10 (**) veggie lasagna green salad peas orange garlic toast	11 beef patty mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	12 turkey sandwich on whole-wheat bread southwest black bean salad tropical fruit	13 cranberry orange chicken, brown rice mixed veggies pineapple tidbits white cake w/cherries
16 <i>Center Closed</i>  PRESIDENTS DAY	17 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	18 egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	19 Swedish meatballs mashed potatoes broccoli peaches	20 pork loin mashed potatoes green beans roll, fruit cocktail cherry pie
23 cheeseburger w/lettuce & tomato on whole-wheat bun JoJo's broccoli salad tropical fruit	24 chicken a la king biscuit in entree green beans pineapple chocolate chip cookie	25 chef salad beets fruit cocktail w/Jell-O whole-wheat bread	26 chicken fettuccini alfredo carrot coins fresh orange garlic toast	27 tuna salad vegetable soup carrots w/ranch dip diced pears cranberry juice
3/2 pepper steak brown rice butternut squash apricots	3/3 turkey & cheese sandwich broccoli & cauliflower salad mandarin oranges	3/4 lemon pepper chicken breast, rosemary red potatoes mixed vegetables pineapple tidbits		

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 - OVER 1,000mg
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



Aging in Motion



**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*

February 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Breakfast	829	36	85	22	1184
3	Enchilada Casserole	713	50	89	18	789
4	Mac and Beef	819	44	102	28	792
5	Chicken Parmesan	786	55	98	20	884
6	Philly Cheese Steak	1211	57	141	49	767
9	Chicken Sandwich	645	47	77	18	601
10	Veggie Lasagna	690	34	60	23	1226
11	Beef Patty	899	39	150	20	650
12	Turkey Sandwich	660	46	86	17	811
13	Cranberry Orange Chicken	984	36	161	24	725
17	Burrito	848	38	128	23	684
18	Egg Salad Sandwich	683	36	76	28	841
19	Swedish Meatballs	790	39	89	33	618
20	Pork Loin	1312	42	198	41	693
23	Cheeseburger	709	44	67	31	648
24	Chicken a la King	668	34	79	26	573
25	Chef Salad	581	41	72	15	841
26	Chicken Alfredo	978	57	142	20	642
27	Tuna Salad	661	37	80	23	973

**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

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