

JANUARY 2026 CONGREGATE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Center Closed</i>	2 beef stroganoff spinach tropical fruit whole-wheat bread lemon pudding
5 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	6 Spanish beef roast Spanish rice Brussels sprouts pears whole-wheat bread	7 (**) cheeseburger on whole-wheat bun baked beans potato salad seasonal fruit	8 chile relleno casserole pinto beans broccoli orange flour tortilla	9 Darryl's baked cod brown rice green beans apple vanilla pudding
12 beef patty w/gravy boiled red potatoes apple carrot casserole pineapple whole-wheat bread	13 tuna salad sandwich pickled beets pears Jall-O w/mandarin oranges	14 (**) pork w/verde sauce pinto beans corn, zucchini & tomato peaches flour tortilla	15 sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad fresh seasonal fruit	16 BBQ chicken brown rice green salad Brussels sprouts orange juice
19 <i>Center Closed</i> Martin Luther King Day 	20 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O	21 chicken fajitas pinto beans cauliflower fresh apple flour tortillas	22 (**) BBQ pork riblet brown rice cold black bean salad broccoli pears	23 pepper steak w/gravy mashed potatoes green beans fresh orange whole-wheat bread
26 (**) chili dog on wheat bun broccoli & cauliflower salad picnic coleslaw tropical fruit	27 stuffed bell pepper mixed vegetables pineapple whole-wheat bread	28 cod w/lemon butter garden brown rice Brussels sprouts green salad apple, sugar cookie	29 beef tacos pinto beans Mexican corn peaches	30 Asian chicken salad on lettuce bed green beans Jell-O w/fruit cocktail Hawaiian roll

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



**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
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Aging.

(800) 510-2020

Family Services Association Menu Analysis* January 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	NO LUNCH	553	44	71	11	458
2	Beef Stroganoff	786	46	111	19	747
5	Chicken Taco Salad	646	49	81	13	632
6	Spanish Beef	572	45	62	18	741
7	Cheeseburger	924	47	106	35	1510
8	Chili Relleno Casserole	622	37	71	21	961
9	Breaded Fish	677	33	95	20	630
12	Beef Patty	697	33	75	32	483
13	Tuna Salad Sandwich	565	35	92	8	849
14	Pork w/Verde sauce	696	45	76	24	1122
15	Sloppy Joe	617	37	79	20	576
16	BBQ Chicken	695	43	78	23	367
20	Egg Salad Sandwich	818	40	76	42	741
21	Chicken Fajita	672	47	97	11	953
22	BBQ Riblet	913	43	128	30	1126
23	Pepper Steak	612	33	80	5	753
26	Chili Dog	755	32	76	37	1264
27	Stuffed Pepper	564	34	71	12	748
28	Fish	830	39	120	24	488
29	Beef Tacos	1226	76	126	50	981
30	Asian Chicken Salad	619	44	63	23	488

**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