

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 |

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

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



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*

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**