

JULY 2026

CONGREGATE MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | 1 macaroni & beef mixed vegetables pineapple whole-wheat bread | 2 BBQ chicken garden brown rice baked beans fresh orange vanilla ice cream | 3 <i>Centers Closed</i> |
| 6 chicken taco salad pinto beans Mexican corn tropical fruit whole-grain tortilla | 7 Spanish beef roast Spanish rice Brussels sprouts diced pears whole-wheat bread | 8 cheeseburger on whole-wheat bun coleslaw mixed fruit or watermelon | 9 chile relleno casserole Spanish rice broccoli orange flour tortilla | 10 Darryl's breaded cod roasted red potatoes green beans apple vanilla pudding |
| 13 tuna salad sandwich (open faced) pickled beet salad Jell-O w/mandarin oranges | 14 beef stroganoff spinach pineapple whole-wheat bread | 15 (**) pork w/verde sauce pinto beans corn, zucchini, tomato & red peppers peaches | 16 sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad fresh seasonal fruit | 17 rosemary chicken garden rice mixed vegetables whole-wheat bread orange juice |
| 20 BBQ pork riblet garden rice cold black bean salad broccoli pears | 21 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O | 22 chicken fajitas brown rice pinto beans cauliflower fresh apple | 23 chicken noodle casserole mixed vegetables pineapple, O.J. whole-wheat bread | 24 pepper steak w/gravy mashed potatoes green beans fresh orange whole-wheat bread |
| 27 (**) chili dog on whole-wheat bun broccoli & cauliflower salad, picnic coleslaw tropical fruit | 28 stuffed bell pepper mixed vegetables pineapple whole-wheat bread | 29 cod w/lemon butter garden brown rice green salad Brussels sprouts apple, sugar cookie | 30 beef tacos pinto beans Mexican corn peaches | 31 Asian chicken salad on lettuce bed green beans Jell-O w/fruit cocktail whole-wheat 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



**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

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.

Family Services Association Menu Analysis*

July 2026

| Date | Menu** | Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams) | Sodium (mg) |
|------|--------------------------|----------|-----------------|----------------------|-------------|-------------|
| 1 | Macaroni and Beef | 838 | 44 | 102 | 30 | 807 |
| 2 | BBQ Chicken | 940 | 53 | 136 | 21 | 763 |
| 3 | NO LUNCH | | | | | |
| 6 | Chicken Taco Salad | 1111 | 66 | 190 | 19 | 576 |
| 7 | Spanish Beef | 572 | 45 | 62 | 18 | 741 |
| 8 | Cheeseburger | 692 | 42 | 67 | 29 | 626 |
| 9 | Chili Relleno Casserole | 606 | 34 | 68 | 24 | 894 |
| 10 | Breaded Fish | 661 | 37 | 109 | 11 | 722 |
| 13 | Tuna Salad Sandwich | 560 | 35 | 91 | 8 | 830 |
| 14 | Beef Stroganoff | 643 | 46 | 83 | 16 | 675 |
| 15 | Pork w/Verde sauce | 718 | 46 | 78 | 26 | 1105 |
| 16 | Sloppy Joe | 617 | 37 | 79 | 20 | 576 |
| 17 | Rosemary Chicken | 557 | 45 | 71 | 14 | 599 |
| 20 | BBQ Prok Riblet | 714 | 42 | 115 | 15 | 997 |
| 21 | Egg Salad Sandwich | 818 | 40 | 76 | 42 | 741 |
| 22 | Chicken Fajita | 732 | 47 | 102 | 16 | 751 |
| 23 | Chicken Noodle Casserole | 695 | 47 | 95 | 15 | 522 |
| 24 | Pepper Steak | 612 | 33 | 80 | 5 | 753 |
| 27 | Chili Dog | 695 | 32 | 77 | 31 | 1145 |
| 28 | Stuffed Pepper | 564 | 34 | 71 | 12 | 748 |
| 29 | Fish | 830 | 39 | 120 | 24 | 488 |
| 30 | Beef Tacos | 1292 | 79 | 139 | 51 | 799 |
| 31 | Asian Chicken Salad | 604 | 44 | 61 | 22 | 549 |

****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