

# MARCH 2026 CONGREGATE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> pepper steak brown rice butternut squash apricots	<b>3</b> turkey & cheese sandwich broccoli & cauliflower salad mandarin oranges	<b>4</b> lemon pepper chicken breast rosemary red potatoes mixed vegetables pineapple tidbits	<b>5</b> battered fish tacos black bean salad corn w/fajita mix apple	<b>6 (**)</b> BBQ pork riblet au gratin potatoes carrot salad tropical fruit tapioca pudding
<b>9</b> shepherd's pie broccoli fruit cocktail whole-wheat bread	<b>10</b> chili con carne carrot coins mandarin oranges cornbread	<b>11</b> sliced turkey breast spinach mashed red potatoes peas Jell-O w/diced pears	<b>12</b> chicken cacciatore capri vegetables whole-wheat roll tropical fruit vanilla ice cream	<b>13</b> breaded fish sandwich on whole-wheat bun coleslaw green beans fresh orange
<b>16</b> sweet & sour chicken brown rice peas pineapple tidbits	<b>17 (**)</b> corned beef & cabbage boiled potatoes green beans tropical fruit, cornbread cake w/cherries	<b>18</b> herb chicken w/parmesan winter vegetables peaches whole-wheat bread	<b>19</b> tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	<b>20</b> mandarin pork chops garden rice spinach fresh apple
<b>23</b> baked cod, garden rice red potatoes Brussels sprouts peaches tapioca pudding	<b>24</b> spaghetti w/veggie meatballs zucchini & onion Golden Delicious apple garlic toast	<b>25</b> chicken tacos pinto beans Mexican corn pineapple	<b>26</b> cheeseburger on whole-wheat bun macaroni salad capri vegetables strawberries or grapes	<b>27</b> grilled chicken breast sandwich on whole-wheat bun carrots w/ranch dip mandarin oranges
<b>30</b> breakfast burrito w/egg, hash browns, black beans & cheese peaches, yogurt cranberry juice	<b>31</b> chicken salad saltine crackers winter blend veg salad apricots			

**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](http://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**

# Family Services Association Menu Analysis\*

March 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	Pepper Steak	652	29	72	14	591
3	Turkey Sandwich	672	44	67	27	917
4	Lemon Pepper Chicken	713	39	89	26	487
5	Fish Tacos	692	33	102	21	986
6	BBQ Pork Riblets	949	38	125	37	1641
9	Shepherd's Pie	903	45	153	18	884
10	Chili con Carne	734	37	79	31	908
11	Turkey	654	45	88	12	782
12	Chicken Cacciatore	809	44	95	30	658
13	Fish Sandwich	646	30	94	18	856
16	Sweet and Sour Chicken	759	44	118	13	752
17	Corned Beef	1012	37	153	29	2010
18	Herb Chicken	559	47	73	9	453
19	Tortellini w/ Meat sauce	590	32	81	14	849
20	Mandarin Pork Chops	839	68	65	35	385
23	Baked Fish	689	40	95	19	634
24	Spaghetti	678	34	96	15	878
25	Chicken Tacos	614	48	72	16	863
26	Cheeseburger	763	40	87	30	616
27	Chicken Sandwich	648	40	65	26	760
30	Breakfast Burrito	628	23	108	12	503
31	Chicken Salad	826	61	59	40	689

**\*\*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**