

# MAY 2026

# CONGREGATE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Asian chicken salad (cold, on lettuce bed) green beans Jell-O w/fruit cocktail Hawaiian roll
<b>4 (**)</b> scrambled eggs sausage patties hash browns yogurt biscuit, orange juice	<b>5</b> chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<b>6</b> mac & beef casserole green salad broccoli peaches dinner roll	<b>7</b> chicken parmesan carrot coins mandarin oranges w/ pineapple ice cream & brownie	<b>8</b> Philly cheesesteak on hoagie roll potato wedges winter blend veggies fresh apple
<b>11</b> grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad fresh pear	<b>12 (**)</b> veggie lasagna green salad peas garlic toast orange	<b>13</b> beef patty mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	<b>14</b> turkey sandwich on whole-wheat bread southwest black bean salad tropical fruit	<b>15</b> cranberry orange chicken, brown rice mixed vegetables pineapple tidbits white cake w/cherries
<b>18</b> turkey w/gravy mashed potatoes green beans mandarin oranges dinner roll	<b>19</b> beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	<b>20</b> egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	<b>21</b> Swedish meatballs w/pasta & gravy broccoli peaches	<b>22</b> pork loin baked potato green beans fruit cocktail cherry pie
<b>25</b> <i>Center Closed</i> 	<b>26</b> cheeseburger on whole-wheat bun JoJo's broccoli salad tropical fruit chocolate chip cookie	<b>27</b> chef salad beets fruit cocktail w/Jell-O whole-wheat bread	<b>28</b> chicken alfredo fettuccini California veggies fresh orange garlic toast	<b>29</b> tuna salad vegetable soup carrots w/ranch dip pears, cranberry juice whole-wheat bread

**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 Service Association Menu Analysis\*

May 2026

<b>Date</b>	<b>Menu**</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>	<b>Sodium (mg)</b>
<b>1</b>	Asian Chicken Salad	619	44	63	23	488
<b>4</b>	Breakfast	829	36	85	22	1184
<b>5</b>	Enchilada Casserole	713	50	89	18	789
<b>6</b>	Mac and Beef	828	43	104	28	803
<b>7</b>	Chicken Parmesan	1021	59	125	32	974
<b>8</b>	Philly Cheese Steak	1238	57	164	43	793
<b>11</b>	Chicken Sandwich	645	47	77	18	601
<b>12</b>	Veggie Lasagna	690	34	60	23	1226
<b>13</b>	Beef Patty	899	39	150	20	650
<b>14</b>	Turkey Sandwich	660	46	86	17	811
<b>15</b>	Cranberry Orange Chicken	984	36	161	24	725
<b>18</b>	Turkey	737	44	122	9	751
<b>19</b>	Burrito	848	38	128	23	684
<b>20</b>	Egg Salad Sandwich	683	36	76	28	841
<b>21</b>	Swedish Meatballs	790	39	89	33	618
<b>22</b>	Pork Loin	1063	39	147	37	574
<b>25</b>	NO LUNCH					
<b>26</b>	Cheeseburger	845	45	84	38	734
<b>27</b>	Chef Salad	581	41	72	15	841
<b>28</b>	Chicken Alfredo	970	60	138	20	615
<b>29</b>	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  
 \* CITY OF REDLANDS \* CITY OF TWENTYNINE PALMS \* MEALS ON WHEELS AMERICA**