

# NOVEMBER 2026 CONGREGATE MENU



| Monday                                                                                                              | Tuesday                                                                                                             | Wednesday                                                                                                                   | Thursday                                                                                                                 | Friday                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>2 (**)</b><br>scrambled eggs<br>sausage patties<br>hash browns<br>whole-wheat biscuit<br>yogurt, cranberry juice | <b>3</b><br>chicken enchilada<br>casserole<br>Spanish brown rice<br>pinto beans, zucchini<br>tropical fruit         | <b>4</b><br>beef patty w/gravy<br>mashed red potatoes<br>w/spinach<br>carrot coins<br>fruit cocktail w/Jell-O               | <b>5</b><br>chicken parmesan<br>capri vegetables<br>mandarin oranges<br>w/pineapple<br>vanilla ice cream cup             | <b>6</b><br>Philly cheesesteak<br>on hoagie roll<br>potato wedges<br>green beans<br>fresh apple                |
| <b>9</b><br>grilled chicken breast<br>sandwich<br>on whole-wheat bun<br>cucumber tomato salad<br>cantaloupe         | <b>10</b><br>meatloaf w/gravy<br>spinach mashed<br>potatoes<br>California vegetables<br>honeydew melon              | <b>11 Center Closed</b><br>                                                                                                 | <b>12</b><br>ground turkey burger<br>w/cheese<br>on whole-wheat bun<br>green salad<br>tropical fruit                     | <b>13</b><br>cranberry orange<br>chicken<br>brown rice<br>mixed vegetables<br>pineapple; cake                  |
| <b>16</b><br>Swedish meatballs<br>egg noodles<br>broccoli<br>peaches<br>whole-wheat bread                           | <b>17</b><br>beef stroganoff<br>spinach<br>pineapple<br>whole-wheat bread                                           | <b>18</b><br>egg salad sandwich<br>on whole-wheat bread<br>vegetable soup<br>green salad w/tomato<br>tropical fruit         | <b>19 (**)</b><br>turkey w/gravy<br>mashed potatoes<br>bread stuffing; yams<br>green beans; roll<br>cranberry juice; pie | <b>20</b><br>chicken salad<br>veggie soup<br>baked potato, capri<br>veggies, cucumber<br>salad; fruit cocktail |
| <b>23</b><br>chicken a la king<br>biscuit in entrée<br>green beans<br>pineapple                                     | <b>24</b><br>cheeseburger<br>on whole-grain bun<br>JoJo's broccoli salad<br>tropical fruit<br>chocolate chip cookie | <b>25</b><br>chef salad<br>beets<br>fruit cocktail w/Jell-O<br>whole-wheat pita                                             | <b>26 Center Closed</b><br>                                                                                              | <b>27 Center Closed</b><br>                                                                                    |
| <b>30</b><br>pepper steak w/gravy<br>brown rice<br>butternut squash<br>apricots                                     | <b>Dec 1</b><br>shepherd's pie<br>broccoli<br>fruit cocktail<br>whole-wheat bread                                   | <b>Dec 2</b><br>lemon pepper chicken<br>rosemary red potatoes<br>mixed vegetables<br>pineapple tidbits<br>whole-wheat bread | <b>Dec 3</b><br>battered fish tacos<br>black bean salad<br>Mexican corn<br>apple                                         |                                                                                                                |

**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](http://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.**



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 BEEN PROVIDED BY**

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 Aging.

**(800) 510-2020**

# Family Services Association Menu Analysis\*

November 2026

| Date      | Menu**                   | Calories | Protein<br>(grams) | Carbohydrate<br>(grams) | Fat<br>(grams) | Sodium<br>(mg) |
|-----------|--------------------------|----------|--------------------|-------------------------|----------------|----------------|
| <b>2</b>  | Breakfast                | 719      | 31                 | 93                      | 16             | 1029           |
| <b>3</b>  | Enchilada Casserole      | 713      | 50                 | 89                      | 18             | 789            |
| <b>4</b>  | Beef Patty               | 618      | 34                 | 74                      | 23             | 523            |
| <b>5</b>  | Chicken Parmesan         | 1020     | 60                 | 123                     | 33             | 819            |
| <b>6</b>  | Philly Cheese Steak      | 1031     | 53                 | 132                     | 36             | 543            |
| <b>9</b>  | Chicken Sandwich         | 553      | 47                 | 51                      | 18             | 617            |
| <b>10</b> | Meatloaf                 | 734      | 49                 | 67                      | 32             | 551            |
| <b>11</b> | NO LUNCH                 |          |                    |                         |                |                |
| <b>12</b> | Turkey Burger            | 632      | 44                 | 62                      | 24             | 673            |
| <b>13</b> | Cranberry Orange Chicken | 984      | 36                 | 161                     | 24             | 725            |
| <b>16</b> | Swedish Meatballs        | 855      | 42                 | 102                     | 33             | 753            |
| <b>17</b> | Burrito                  | 791      | 36                 | 113                     | 24             | 561            |
| <b>18</b> | Egg Salad Sandwich       | 681      | 36                 | 75                      | 28             | 839            |
| <b>19</b> | Turkey (Holiday Dinner)  | 1316     | 56                 | 206                     | 32             | 1275           |
| <b>20</b> | Chicken Salad            | 589      | 35                 | 90                      | 11             | 342            |
| <b>23</b> | Chicken a la King        | 585      | 41                 | 68                      | 18             | 577            |
| <b>24</b> | Cheeseburger             | 845      | 45                 | 84                      | 38             | 734            |
| <b>25</b> | Chef Salad               | 636      | 44                 | 82                      | 15             | 901            |
| <b>26</b> | NO LUNCH                 |          |                    |                         |                |                |
| <b>27</b> | NO LUNCH                 |          |                    |                         |                |                |
| <b>30</b> | Pepper Steak             | 652      | 29                 | 72                      | 14             | 591            |

**\*\*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**