

OCTOBER 2026 CONGREGATE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ chicken brown garden rice baked beans fresh orange vanilla ice cream	2 beef patty w/gravy boiled red potatoes apple carrot casserole tropical fruit whole-wheat bread
5 chicken taco salad Mexican corn pinto beans tropical fruit corn tortilla	6 Spanish beef roast spinach mashed potatoes Brussels sprouts diced pears	7 cheeseburger on whole-wheat bun coleslaw mixed fruit or watermelon	8 chile relleno casserole Spanish rice broccoli orange flour tortilla	9 Darryl's baked cod roasted red potatoes green beans apple vanilla pudding
12 rosemary chicken w/country gravy garden rice mixed vegetables whole-wheat bread, O.J.	13 beef stroganoff spinach pineapple whole-wheat bread	14 (**) pork w/verde sauce pinto beans corn, zucchini, tomato and red peppers peaches, flour tortilla	15 sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad fresh fruit in season	16 tuna salad sandwich (open face) pickled beet salad Jell-O w/mandarin oranges
19 chicken fajitas brown rice pinto beans cauliflower fresh apple	20 egg salad sandwich on whole-wheat bread celery & peanut butter tropical fruit w/Jell-O	21 BBQ pork riblet garden rice cold black bean salad broccoli pears	22 chicken noodle casserole mixed vegetables pineapple tidbits whole-wheat bread, O.J.	23 pepper steak w/gravy mashed potatoes green beans fresh orange whole-wheat bread
26 Asian chicken salad green beans Jell-O w/fruit cocktail whole-wheat roll	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 (**) chili dog on whole-wheat bun broccoli & cauliflower picnic coleslaw tropical fruit

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.

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
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 Aging.

(800) 510-2020

Family Services Association Menu Analysis*

October 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	BBQ Chicken	940	53	136	21	763
2	Beef Patty	703	33	76	32	491
5	Chicken Taco Salad	701	50	87	17	498
6	Spanish Beef	646	46	66	25	731
7	Cheeseburger	692	42	67	29	626
8	Chili Relleno Casserole	568	34	75	17	838
9	Breaded Fish	661	37	109	11	722
12	Rosemary Chicken	557	45	71	14	599
13	Beef Stroganoff	775	46	83	31	666
14	Pork w/Verde sauce	738	47	84	25	1035
15	Sloppy Joe	617	37	79	20	576
16	Tuna Salad Sandwich	560	35	91	8	830
19	Chicken Fajita	732	47	102	16	751
20	Egg Salad Sandwich	818	40	76	42	741
21	BBQ Pork Riblet	711	41	115	15	992
22	Chicken Noodle Casserole	695	47	95	15	522
23	Pepper Steak	612	33	80	5	753
26	Asian Chicken Salad	604	44	61	22	549
27	Stuffed Pepper	605	43	84	11	395
28	Fish	830	39	120	24	488
29	Beef Tacos	822	48	96	29	439
30	Chili Dog	698	31	77	31	1159

****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