

SEPTEMBER 2026 CONGREGATE MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1 shepherd's pie broccoli fruit cocktail whole-wheat bread	2 lemon pepper chicken rosemary red potatoes mixed vegetables pineapple tidbits whole-wheat bread	3 battered fish tacos black bean salad Mexican corn apple	4 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit tapioca pudding
7 Center Closed 	8 chicken cacciatore herbed noodles capri vegetables tropical fruit whole-wheat roll	9 pork loin w/gravy spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	10 chili con carne carrot coins mandarin oranges cornbread vanilla ice cream	11 breaded fish sandwich coleslaw green beans fresh orange
14 sweet & sour chicken brown rice peas pineapple tidbits	15 (**) chef salad cornbread tropical fruit	16 herb chicken w/parmesan cheese winter vegetables peaches whole-wheat bread	17 Philly cheesesteak on hoagie roll Brussels sprouts honeydew melon peach cobbler	18 mandarin pork chops garden brown rice spinach unsweetened apple sauce
21 baked cod garden rice Brussels sprouts diced peaches tapioca pudding	22 spaghetti w/meat sauce zucchini & onion grapes garlic toast	23 chicken tacos pinto beans Mexican corn pineapple	24 pot roast boiled red potatoes capri vegetables mixed fruit whole-wheat bread	25 grilled chicken breast sandwich on whole-wheat bun carrots w/ranch dip mandarin oranges
28 breakfast burrito (eggs, hash browns, black beans & cheese) peaches, yogurt cranberry juice	29 chicken salad on lettuce leaf bed whole-wheat saltines winter blend veg salad apricots	30 macaroni & beef mixed vegetables pineapple 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



SAN BERNARDINO
 COUNTY



Aging in Motion
 RIVERSIDE COUNTY
 OFFICE ON AGING
 Aging & Ability Resource Center

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*

September 2026

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Shepherd's Pie	903	45	153	18	758
2	Lemon Pepper Chicken	713	39	89	26	487
3	Fish Tacos	1259	53	230	27	756
4	BBQ Pork Ribs	889	35	121	34	1193
7	NO LUNCH					
8	Chicken Cacciatore	574	40	68	17	568
9	Pork Loin	730	43	89	25	671
10	Chili con Carne	969	41	106	43	999
11	Fish Sandwich	647	30	98	17	827
14	Sweet and Sour Chicken	759	44	118	13	752
15	Chef Salad	602	40	74	16	1042
16	Herb Chicken	559	47	73	9	453
17	Philly Cheese Steak	1219	56	163	41	841
18	Mandarin Pork Chops	955	71	87	36	388
21	Baked Fish	689	40	95	19	634
22	Spaghetti	722	36	92	24	657
23	Chicken Tacos	1073	65	178	20	591
24	Pot Roast	712	43	65	31	342
25	Chicken Sandwich	648	40	65	26	760
28	Breakfast Burrito	628	23	108	12	503
29	Chicken Salad	722	36	92	24	657
30	Mac and Beef	838	44	102	30	807

****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