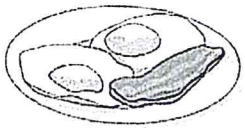
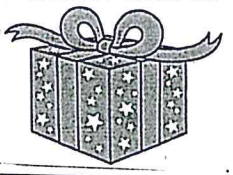
# DECEMBER 2016 RIVERSIDE COUNTY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Your donation is greatly appreciated | | Happy Holidays | 1<br>turkey patty w/gravy<br>brown rice<br>cauliflower & broccoli<br>apricots, wheat bread<br>tapioca pudding | 2 Early Breakfast<br>  |
| 5<br>Darryl's breaded fish<br>mashed potatoes/gravy<br>broccoli<br>tropical fruit<br>whole wheat bread | 6<br>chicken enchilada<br>casserole<br>pinto beans<br>mixed vegetables<br>pineapple, pudding | 7<br>pork loin w/gravy<br>spinach mashed-<br>red potatoes, peas<br>jell-o w/diced pears<br>whole wheat bread | 8<br>beef tips<br>egg noodles<br>Brussels sprouts<br>mandarin oranges<br>whole wheat bread | 9<br>breaded chicken<br>w/country gravy<br>mashed potatoes<br>cauliflower & broccoli<br>pears, wheat bread |
| 12<br>diced chicken w/peppers<br>brown rice<br>winter blend vegetables<br>peaches<br>whole wheat bread | 13<br>cabbage roll<br>mashed potatoes<br>peas & carrots<br>pineapple tidbits<br>whole wheat bread | 14<br>baked chicken leg<br>w/country gravy<br>garden rice<br>broccoli<br>applesauce<br>whole wheat bread | 15 (**)<br>ham w/raisin sauce<br>scalloped potatoes<br>green beans<br>mandarin oranges<br>parker house roll<br>apple tart | 16<br>hamburger patty<br>with gravy<br>spinach mashed-<br>potatoes, beets<br>apricots<br>whole wheat bread |
| 19<br>pepper steak<br>white rice<br>carrots & peas<br>apricots<br>whole wheat bread | 20<br>chicken cacciatore<br>herbed spaghetti<br>wax beans<br>tropical fruit<br>whole wheat bread | 21<br>baked pangasius fish<br>w/lemon butter sauce<br>roasted red potatoes<br>broccoli<br>pears, wheat bread<br>chocolate pudding | 22<br>cold turkey sandwich<br>on whole wheat bread<br>lettuce, tomato<br>vegetable soup<br>spinach salad<br>mixed fruit w/jell-o | 23 Center Closed<br>  |
| 26 Center Closed<br> | 27<br>herb roasted chicken<br>brown rice<br>broccoli<br>banana<br>whole wheat bread | 28<br>scrambled eggs<br>sausage<br>hash brown patty<br>peaches, OJ<br>biscuit | 29<br>beef tips<br>green salad<br>carrots<br>mandarin oranges<br>jell-o, wheat bread | 30<br>lazy herb chicken<br>brown rice<br>broccoli<br>mixed fruit<br>cornbread |

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 - OVER 1,000mg
MEALS are subject to CHANGE due to the availability of food products

FSA FAMILY Service Association

SENIOR NUTRITION OFFICE
(951) 342 - 3057

| | |
|---|---|
| Banning | (951) 849-1920 |
| Cabazon | (951) 922-1097 |
| Calimesa | (909) 446-1071 |
| Highgrove | (951) 241-7221 |
| Menifee (Sun City) | (951) 679-0119 |
| Moreno Valley | (951) 247-1667 |
| Perris | (951) 657-7334 |
| San Jacinto | (951) 654-2054 |

Your voluntary donation helps us to continue providing you with a nutritious meal.

Suggested donation is $3.00

THANK YOU

Please see your FSA site contact with any questions or comments on your meal and service experience today

Funding for this program is through your donations and a grant from the California Department of Aging

FSA is contracted through the County of Riverside Office on Aging for your community.
(800) 510-2020

# Family Services Association Menu Analysis* December 2016

| Date | Menu** | Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams) | Sodium (mg) |
|---|---|---|---|---|---|---|
| 1 | Turkey Patty | 728 | 42 | 94 | 23 | 523 |
| 2 | Beef Stroganoff | 780 | 46 | 85 | 30 | 711 |
| 5 | Breaded Fish | 848 | 37 | 152 | 13 | 743 |
| 6 | Chicken Enchilada | 682 | 50 | 83 | 20 | 946 |
| 7 | Pork Loin | 777 | 35 | 129 | 14 | 712 |
| 8 | Beef Tips | 629 | 43 | 90 | 14 | 681 |
| 9 | Chicken with Gravy | 941 | 37 | 154 | 25 | 953 |
| 12 | Diced Chicken | 572 | 44 | 70 | 13 | 328 |
| 13 | Cabbage Roll | 652 | 40 | 95 | 15 | 801 |
| 14 | Chicken, Baked | 721 | 35 | 76 | 36 | 598 |
| 15 | Ham | 826 | 34 | 109 | 30 | 1858 |
| 16 | Hamburger Patty | 676 | 40 | 77 | 25 | 568 |
| 19 | Pepper Steak | 725 | 35 | 97 | 8 | 793 |
| 20 | Chicken Cacciatore | 574 | 42 | 74 | 13 | 540 |
| 21 | Fish | 700 | 34 | 99 | 18 | 794 |
| 22 | Turkey Sandwich | 558 | 45 | 79 | 7 | 798 |
| 23 | Chicken Tortellini | 679 | 45 | 89 | 14 | 970 |
| 27 | Herb Roasted Chicken | 757 | 34 | 82 | 36 | 350 |
| 28 | Breakfast | 911 | 38 | 93 | 43 | 883 |
| 29 | Beef Tips | 566 | 37 | 90 | 9 | 807 |
| 30 | Lazy Herb Chicken | 835 | 42 | 106 | 27 | 718 |

***Menu analysis includes entrée, all sides, dessert, milk and any other non-optional menu items for each meal.*

**Each menus 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 in Riverside County:**

**CITY OF MORENO VALLEY * CITY OF SAN JACINTO * SCAN HEALTH PLAN * RIVERSIDE COUNTY BOARD OF SUPERVISORS DISTRICT 3 * CITY OF MENIFEE * CITY OF PERRIS**