



Monday	Tuesday	Wednesday	Thursday	Friday
		1 (**) hotdog on wheat bun baked beans coleslaw carrots tropical fruit	2 tuna salad sandwich tomato soup, crackers blanched carrot sticks mandarin oranges sugar cookie	3 chicken enchilada casserole Spanish rice pinto beans, zucchini jell-o w/fruit cocktail
6 (**) scrambled eggs sausage patty hash browns biscuit orange juice	7 chicken cacciatore herbed spaghetti succotash tropical fruit whole-wheat bread	8 shepherd's pie broccoli diced peaches whole-wheat bread	9 <i>NEW!</i> chicken tagine couscous green beans pineapple tidbits and mandarin oranges	10 beef pot roast w/gravy spinach mashed potatoes, wheat bread mixed vegetables, apple pudding w/pineapple
13 Senior Health Fair 9:00am-12:00pm Lunch at 11:45 at Mayfield Park	14 (**) vegetable lasagna spring mix salad peas fresh orange whole-wheat bread	15 chicken leg & thigh brown rice cauliflower & broccoli mandarin oranges whole-wheat bread	16 penne marinara w/mozzarella cheese spinach pineapple tidbits wheat bread, cookie	17 beef tips w/mushroom gravy red potatoes winter vegetables wheat bread, banana
20 cod w/herbed tomatoes beets coleslaw apricots cornbread	21 pork loin w/gravy roasted red potatoes peas jell-o w/pears whole-wheat bread	22 chicken taco salad pinto beans corn & bell peppers tropical fruit flour tortilla	23 (**) au gratin taco bake spinach mandarin oranges whole-wheat bread	24 cheeseburger on whole-wheat bun macaroni salad capri vegetables chocolate cake, grapes
27 Center Closed 	28 Swedish meatballs herbed noodles cauliflower diced peaches	29 broccoli chicken casserole peas pineapple tidbits whole-wheat bread	30 chicken alfredo fettuccini baby lima beans fresh orange whole-wheat bread	31 (**) breaded fish tacos flour tortillas Spanish brown rice Mexican corn fresh pear, jell-o

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Banning (951) 849-1920
 Cabazon (951) 922-1097
 Calimesa (909) 795-2287
 Eddie Dee Smith (951) 275-9975
 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

Lunch is served from 11:30am – 12:30pm M - F

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

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 Service Association Menu Analysis*

May 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Hot Dog	823	32	103	33	1822
2	Tuna Salad sandwich	661	36	98	16	929
3	Enchilada Casserole	689	48	86	18	999
6	Breakfast	739	30	68	38	1180
7	Chicken Cacciatore	609	44	83	13	589
8	Shepherd's Pie	613	39	90	15	751
9	Chicken Tangine	612	40	89	11	256
10	Pot Roast	941	48	112	36	680
13	Meatloaf	868	38	156	15	998
14	Veggie Lasagna	676	34	62	21	1241
15	Chicken leg & thigh	745	34	90	30	405
16	Penne marinara	847	41	115	23	699
17	Beef Tips	684	36	83	26	664
20	Fish	569	35	87	11	992
21	Pork Loin	735	47	96	20	708
22	Chicken Taco Salad	641	48	85	15	1000
23	Au Gratin Taco Bake	686	41	87	22	1681
24	Cheeseburger	845	36	112	31	590
28	Swedish Meatballs	599	31	67	23	870
29	Broccoli Chicken Casserole	753	55	81	25	841
30	Chicken Alfredo	1023	64	155	16	608
31	Fish Tacos	1020	39	161	27	1365

****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. KMD*

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 HEMET * CITY OF PERRIS**