

FEBRUARY 2019 LOMA LINDA VEGETARIAN MENU



| Monday | Tuesday | Wednesday | Thursday |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Your donation is greatly appreciated | HAPPY Feb GROUNDHOG 2nd DAY | | <i>Happy Valentine's Day</i> |
| 4 (**) scrambled eggs veggie sausage hash browns biscuit orange juice | 5 veggie shepherd's pie broccoli diced peaches whole wheat bread | 6 veggie chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread | 7 veggie beef strips spinach mashed potatoes mixed vegetables fresh apple, wheat bread vanilla pudding w/pineapple |
| 11 lentil loaf w/gravy mashed potatoes carrots cherry jell-o w/fruit cocktail whole wheat bread | 12 (**) vegetable lasagna garden salad peas orange whole wheat bread | 13 veggie beef tips w/gravy red potatoes winter blend vegetables mandarin oranges whole wheat bread | 14 (**) penne marinara w/mozzarella cheese spinach pineapple, wheat bread red velvet mini muffin |
| 18 <i>Center Closed</i> RESIDENTS DAY | 19 (**) garden burger w/gravy roasted red potatoes peas jell-o w/pears whole wheat bread | 20 black bean taco salad pinto beans corn & peppers tropical fruit corn tortilla | 21 (**) au gratin taco bake spinach mandarin oranges whole wheat bread |
| 25 Swedish veggie meatballs w/gravy herb noodles cauliflower diced peaches | 26 broccoli veggie chicken casserole peas pineapple tidbits whole wheat bread | 27 (**) black bean burger whole wheat bun French fries broccoli salad tropical fruit | 28 veggie chicken alfredo fettuccini baby lima beans fresh orange, jell-o whole wheat bread |

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Bloomington (909) 546-1399
George White (909) 770-8173
Rialto (909) 877-1360
Dino Papaveros (909) 770-8147
Rancho Cucamonga (909) 477-2780
Chino (909) 287-7946
Ontario (909) 395-2021
Colton - Hutton (909) 503-1908
Loma Linda (909) 799-2821
Upland (909) 981-4501

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

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

FSA is contracted through the County of San Bernardino Department on Aging and Adult Services for your community.

(800) 510-2020

FAMILY SERVICE ASSOCIATION
21250 Box Springs Road, Suite 212
Moreno Valley, CA 92557
(951) 342-3057 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

Family Service Association Menu Analysis*

February 2019

| Date | Menu** | Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams) | Sodium (mg) |
|------|-----------------------------------|----------|-----------------|----------------------|-------------|-------------|
| 4 | Breakfast | 780 | 38 | 81 | 35 | 1172 |
| 5 | Shepherd's Pie | 590 | 38 | 98 | 9 | 942 |
| 6 | Veggie Chicken Cacciatore | 759 | 43 | 120 | 10 | 964 |
| 7 | Veggie Beef Strips | 794 | 44 | 117 | 20 | 991 |
| 11 | Lentil loaf | 1016 | 38 | 186 | 18 | 731 |
| 12 | Veggie Lasagna | 679 | 33 | 63 | 21 | 1248 |
| 13 | Veggie Beef Tips | 713 | 43 | 80 | 27 | 788 |
| 14 | Penne marinara | 865 | 41 | 115 | 26 | 718 |
| 18 | Cajun Black Beans | 680 | 32 | 124 | 9 | 729 |
| 19 | Garden Burger | 613 | 39 | 100 | 9 | 1094 |
| 20 | Taco Salad | 750 | 35 | 112 | 19 | 979 |
| 21 | Au Gratin Taco Bake | 703 | 40 | 112 | 13 | 2321 |
| 25 | Swedish Veggie Meatballs | 557 | 32 | 74 | 17 | 754 |
| 26 | Broccoli Veggie Chicken Casserole | 623 | 38 | 80 | 19 | 941 |
| 27 | Black Bean burger | 1059 | 40 | 122 | 49 | 1295 |
| 28 | Veggie Chicken Alfredo | 770 | 52 | 116 | 11 | 894 |

****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 SAN BERNARDINO COUNTY:

**ARCONIC FOUNDATION * CITY OF RIALTO * CITY OF CHINO HILLS * CITY OF LOMA LINDA
CITY OF RANCHO CUCAMONGA * CITY OF TWENTY NINE PALMS * FONTANA DINO PAPAVERO APARTMENTS
CITY OF GRAND TERRACE * CITY OF UPLAND * CITY OF ONTARIO**



| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------|
| - Your donation is greatly appreciated | GROUNDHOG DAY February 2nd | | Happy Valentine's Day | |
| 4 (**) scrambled eggs sausage patty hash browns biscuit orange juice | 5 shepherd's pie broccoli diced peaches whole wheat bread | 6 chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread | 7 beef pot roast w/gravy spinach mashed potatoes mixed vegetables fresh apple, wheat bread pudding w/pineapple | |
| 11 meatloaf w/gravy mashed potatoes carrots jell-o w/fruit cocktail whole wheat bread | 12 (**) veggie lasagna garden salad peas orange whole wheat bread | 13 beef tips w/mushrooms & gravy red potatoes winter blend vegetables mandarin oranges | 14 penne marinara w/mozzarella spinach pineapple tidbits red velvet mini muffin | |
| 18 <i>Center Closed</i> | 19 pork loin w/gravy roasted red potatoes peas jell-o w/pears whole wheat bread | 20 chicken taco salad pinto beans corn & bell peppers tropical fruit flour tortilla | 21 (**) au gratin taco bake spinach mandarin oranges whole wheat bread | |
| 25 Swedish meatballs herb noodles cauliflower diced peaches | 26 broccoli chicken casserole peas pineapple tidbits whole wheat bread | 27 hamburger whole wheat bun French fries broccoli salad tropical fruit | 28 chicken alfredo fettuccini lima beans fresh orange whole wheat bread | |

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February 2019

| Date | Menu** | Calories | Protein (grams) | Carbohydrate (grams) | Fat (grams) | Sodium (mg) |
|------|----------------------------|----------|-----------------|----------------------|-------------|-------------|
| 1 | | | | | | |
| 4 | Breakfast | 739 | 30 | 68 | 38 | 1180 |
| 5 | Shepherd's Pie | 613 | 39 | 90 | 15 | 751 |
| 6 | Chicken Cacciatore | 609 | 44 | 83 | 13 | 589 |
| 7 | Pot Roast | 941 | 48 | 112 | 36 | 680 |
| 8 | | | | | | |
| 11 | Meatloaf | 868 | 38 | 156 | 15 | 998 |
| 12 | Veggie Lasagna | 676 | 34 | 62 | 21 | 1241 |
| 13 | Beef Tips | 643 | 36 | 71 | 26 | 670 |
| 14 | Penne marinara | 951 | 42 | 121 | 32 | 751 |
| 15 | | | | | | |
| 18 | Fish | 569 | 35 | 87 | 11 | 992 |
| 19 | Pork Loin | 735 | 47 | 96 | 20 | 708 |
| 20 | Chicken Taco Salad | 661 | 48 | 86 | 15 | 1000 |
| 21 | Au Gratin Taco Bake | 686 | 41 | 87 | 22 | 1666 |
| 22 | | | | | | |
| 25 | Swedish Meatballs | 599 | 31 | 67 | 15 | 870 |
| 26 | Broccoli Chicken Casserole | 753 | 55 | 81 | 25 | 841 |
| 27 | Hamburger | 1028 | 46 | 109 | 49 | 862 |
| 28 | Chicken Alfredo | 1023 | 64 | 155 | 16 | 608 |

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

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