
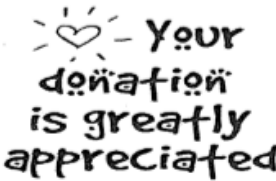


# JULY 2019 LOMA LINDA VEGETARIAN MENU

Monday	Tuesday	Wednesday	Thursday
<b>1</b> (**) scrambled eggs veggie sausage hash browns peaches, OJ biscuit	<b>2</b> macaroni & cheese mixed vegetables pineapple whole-wheat bread	<b>3</b> (**) veggie sausage dog sauerkraut green beans spiced cooked apples vanilla ice cream	<b>4</b> Center Closed 
<b>8</b> cheese sandwich on whole-wheat bread tomato soup carrot salad mandarin oranges	<b>9</b> Spanish beefless roast Spanish rice spinach pears whole-wheat bread	<b>10</b> black bean taco salad pinto beans Mexican corn tropical fruit flour tortilla	<b>11</b> (**) veggie meatballs w/sweet & sour sauce egg noodles mixed vegetables peaches, vanilla pudding
<b>15</b> lentil loaf w/gravy red potatoes apple carrot casserole mandarin oranges whole-wheat bread	<b>16</b> lemon pepper veggie chicken scalloped potatoes broccoli tropical fruit, jell-o	<b>17</b> tofu verde w/cheese white rice corn, zucchini, tomatoes and red peppers diced peaches	<b>18</b> teriyaki veggie chicken brown rice green salad Brussels sprouts fruit cocktail
<b>22</b> veggie chicken noodle casserole mixed vegetables pineapple tidbits, OJ whole-wheat bread	<b>23</b> veggie beef fajitas pinto beans cauliflower apricots flour tortillas	<b>24</b> <i>NEW!</i> southwestern black bean corn salad blanched baby carrots tropical fruit, jell-o whole-wheat roll	<b>25</b> (**) veggie sloppy joes on whole-wheat bun green salad broccoli mandarin oranges, jell-o
<b>29</b> <i>NEW!</i> bean tacos (2) flour tortillas corn, zucchini & tomatoes pineapple tidbits	<b>30</b> (**) veggie dog whole-wheat bun picnic coleslaw ( <i>NEW!</i> ) carrot sticks tropical fruit	<b>31</b> spaghetti w/veggie meat sauce Brussels sprouts fresh apple garlic breadstick	



**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](http://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 Vegetarian Menu Analysis\*

July 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Breakfast for Lunch	1129	43	166	31	2273
2	Mac and Cheese	702	35	93	23	679
3	Veggie sausage dog	804	42	126	21	1281
8	Cheese Sandwich	841	30	93	41	881
9	Spanish Veggie Beef	552	42	67	16	997
10	Taco Salad	746	34	112	19	990
11	Sweet/Sour veggie Meatballs	949	41	162	18	1229
15	Lentil loaf	742	32	118	18	681
16	Lemon Pepper Veggie Chicken	708	37	97	22	998
17	Tofu w/Verde sauce	553	30	72	16	624
18	Teriyaki Veggie Chicken	762	40	91	29	974
22	Veggie Noodle Casserole	1000	59	159	15	823
23	Veggie Beef Fajita	590	39	93	8	930
24	Black Bean Corn Salad	688	29	104	19	586
25	Veggie Sloppy Joes	638	40	104	11	1283
29	Bean Tacos	620	28	88	19	959
30	Veggie Dog	552	34	91	7	1200
31	Spaghetti	821	44	137	10	763

**\*\*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:**

**\* CITY OF RIALTO \* CITY OF CHINO \* CITY OF LOMA LINDA \* CITY OF REDLANDS  
\* CITY OF RANCHO CUCAMONGA \* CITY OF TWENTY NINE PALMS \* FONTANA DINO PAPAVEROS APARTMENTS  
CITY OF GRAND TERRACE \* CITY OF ONTARIO \* CITY OF YUCAIPA \* HUMAN GOOD**

**JULY 2019**

**LOMA LINDA MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> scrambled eggs sausage patty hash browns peaches, OJ whole-wheat toast	<b>2</b> macaroni & beef mixed vegetables pineapple whole-wheat bread	<b>3 (**)</b> Polish sausage sauerkraut green beans spiced cooked apples vanilla ice cream	<b>4 Center Closed</b> 	
<b>8</b> turkey & cheese sandwich tomato soup carrot salad mandarin oranges	<b>9</b> Spanish beef roast Spanish rice spinach pears whole-wheat bread	<b>10</b> chicken taco salad pinto beans Mexican corn tropical fruit flour tortilla	<b>11 (**)</b> sweet & sour meatballs egg noodles mixed vegetables diced peaches vanilla pudding	
<b>15</b> meatloaf w/gravy red potatoes apple carrot casserole mandarin oranges whole-wheat bread	<b>16</b> lemon pepper chicken scalloped potatoes broccoli tropical fruit, jell-o whole-wheat bread	<b>17</b> pork w/verde sauce white rice corn, zucchini, tomato and red peppers diced peaches	<b>18</b> teriyaki chicken brown rice green salad Brussels sprouts fruit cocktail	
<b>22</b> tuna noodle casserole mixed vegetables pineapple tidbits orange juice whole-wheat bread	<b>23</b> beef fajitas pinto beans cauliflower apricots whole-wheat bread	<b>24 NEW!</b> Hawaiian chicken salad on a bed of lettuce blanched baby carrots tropical fruit, jell-o whole-wheat roll	<b>25</b> sloppy joes whole-wheat bun green salad broccoli mandarin oranges	
<b>29</b> ground beef tacos flour tortillas zucchini & tomatoes pineapple tidbits	<b>30 (**)</b> hotdog on wheat bun garbanzo bean salad blanched carrot sticks picnic coleslaw (NEW!) tropical fruit	<b>31</b> spaghetti w/meat sauce Brussels sprouts fresh apple garlic breadstick		

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## Family Service Association Menu Analysis\* July 2019

<b>Date</b>	<b>Menu**</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>	<b>Sodium (mg)</b>
<b>1</b>	Breakfast	661	29	72	29	973
<b>2</b>	Macaroni and Beef	804	45	102	26	927
<b>3</b>	Polish Sausage	944	37	91	53	1483
<b>5</b>						
<b>8</b>	Turkey and Cheese Sandwich	802	41	93	32	775
<b>9</b>	Spanish Beef Roast	574	46	61	19	805
<b>10</b>	Taco Salad	641	48	85	15	1000
<b>11</b>	Sweet and Sour Meatballs	904	37	140	22	1585
<b>12</b>						
<b>15</b>	Meatloaf	773	31	84	38	946
<b>16</b>	Lemon Pepper Chicken	578	35	94	9	836
<b>17</b>	Pork w/Verde sauce	634	39	74	21	883
<b>18</b>	Teriyaki Chicken	741	44	85	26	503
<b>19</b>						
<b>22</b>	Tuna Noodle Casserole	653	42	101	11	675
<b>23</b>	Beef Fajita	650	46	89	13	992
<b>24</b>	Hawaiian Chicken	610	39	84	15	575
<b>25</b>	Sloppy Joes	545	33	74	16	507
<b>26</b>						
<b>29</b>	Ground Beef Tacos	591	40	44	30	642
<b>30</b>	Hot Dog	756	30	94	30	1461
<b>31</b>	Spaghetti	1045	46	154	27	842

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

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