

OCTOBER 2019 LOMA LINDA VEGETARIAN MENU



Monday	Tuesday	Wednesday	Thursday
 Your donation is greatly appreciated	1 macaroni & cheese mixed vegetables pineapple whole-wheat bread	2 sweet & sour veggie chicken brown rice cauliflower tropical fruit vanilla pudding	3 egg salad sandwich on whole-wheat bread green salad mandarin oranges
7 cheese sandwich on whole-wheat bread tomato soup carrot salad mandarin oranges	8 Spanish beefless roast Spanish rice spinach pears whole-wheat bread	9 black bean taco salad pinto beans Mexican corn tropical fruit flour tortilla	10 (**) veggie meatballs w/sweet & sour sauce egg noodles mixed veggies, peaches vanilla pudding
14 lentil loaf w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	15 lemon pepper veggie chicken scalloped potatoes broccoli tropical fruit, jell-o	16 tofu verde white rice corn, zucchini, tomatoes and red peppers diced peaches	17 teriyaki veggie chicken brown rice green salad Brussels sprouts fruit cocktail
21 vegetarian pepper steak herbed noodles green beans fresh orange whole-wheat bread	22 veggie beef fajitas pinto beans cauliflower apricots flour tortillas	23 southwestern black bean corn salad blanched baby carrots tropical fruit, jell-o whole-wheat roll	24 BBQ veggie burger mashed potatoes broccoli mandarin oranges whole-wheat bread
28 bean tacos (2) flour tortillas corn, zucchini & tomatoes pineapple tidbits	29 (**) veggie dog on wheat bun garbanzo bean salad coleslaw carrot sticks tropical fruit	30 spaghetti w/veggie meat sauce Brussels sprouts fresh apple garlic breadstick	31 egg salad sandwich on whole-wheat bread tomato soup, crackers blanched carrot sticks mandarin oranges, cookie

SENIOR NUTRITION OFFICE (951) 342 - 3057

- 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 Services Association Vegetarian Menu Analysis*

October 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Mac and Cheese	702	35	93	23	679
2	Sweet and Sour Veggie Chicken	902	35	141	25	726
3	Egg Salad Sandwich	707	33	81	29	784
7	Cheese Sandwich	841	30	93	41	881
8	Spanish Veggie Beef	552	42	67	16	997
9	Taco Salad	746	34	112	19	990
10	Sweet/Sour veggie Meatballs	949	41	162	18	1229
14	Lentil loaf	741	32	117	18	675
15	Lemon Pepper Veggie Chicken	708	37	97	22	998
16	Tofu w/Verde sauce	549	30	71	17	550
17	Teriyaki Veggie Chicken	762	40	91	29	974
21	Veggie Pepper Steak	582	45	89	7	676
22	Veggie Beef Fajita	590	39	93	8	930
23	Black Bean Corn Salad	688	29	104	19	586
24	BBQ Veggie Burger	851	38	157	12	960
28	Bean Tacos	565	27	82	18	555
29	Veggie Dog	552	34	91	7	1200
30	Spaghetti	821	44	137	10	763
31	Egg Salad Sandwich	765	31	101	28	841

****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 * TOWN OF YUCCA VALLEY
 * 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 * CITY OF COLTON
 BARNEY & BARNEY FOUNDATION**

OCTOBER 2019

LOMA LINDA MENU



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7 turkey & cheese sandwich tomato soup carrot salad mandarin oranges	8 Spanish roast beef Spanish rice spinach pears whole-wheat bread	9 chicken taco salad pinto beans Mexican corn tropical fruit flour tortilla	10 (**) sweet & sour meatballs egg noodles mixed vegetables diced peaches vanilla pudding	 VOLUNTEERS NEEDED
14 meatloaf w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	15 lemon pepper chicken scalloped potatoes broccoli tropical fruit, jell-o whole-wheat bread	16 pork w/verde sauce white rice corn, zucchini, tomato and red peppers peaches	17 teriyaki chicken brown rice Brussels sprouts green salad fruit cocktail	
21 pepper steak herbed noodles green beans fresh orange whole-wheat bread	22 beef fajitas pinto beans cauliflower apricots flour tortillas	23 Hawaiian chicken salad on a bed of lettuce blanched baby carrots tropical fruit, jell-o whole-wheat roll	24 (**) BBQ pork riblet mashed potatoes broccoli mandarin oranges whole-wheat bread	
28 ground beef tacos w/hard corn tortillas corn, zucchini and tomatoes pineapple tidbits	29 (**) hotdog on wheat bun garbanzo bean salad blanched carrot sticks coleslaw tropical fruit	30 spaghetti w/meat sauce Brussels sprouts fresh apple garlic breadstick	31 tuna salad sandwich tomato soup, crackers blanched carrot sticks mandarin oranges sugar cookie	

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Family Service Association Menu Analysis*

Oct 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Macaroni and Beef	804	45	102	26	927
2	Sweet and Sour Chicken	974	40	148	25	969
3	Egg Salad	594	32	62	25	781
4						
7	Turkey and Cheese Sandwich	802	41	93	32	775
8	Spanish Beef Roast	574	46	61	19	805
9	Taco Salad	641	48	85	15	1000
10	Sweet and Sour Meatballs	904	37	140	22	1585
11						
14	Meatloaf	771	32	83	38	940
15	Lemon Pepper Chicken	578	35	94	9	836
16	Pork w/Verde sauce	630	39	73	21	809
17	Teriyaki Chicken	741	44	85	26	503
18						
21	Pepper Steak	720	36	83	14	718
22	Beef Fajita	650	46	89	13	992
23	Hawaiian Chicken	610	39	84	15	575
24	BBQ Riblet	906	41	154	19	1059
25						
28	Ground Beef Tacos	584	40	43	30	538
29	Hot Dog	756	30	94	30	1461
30	Spaghetti	1045	46	154	27	842
31	Tuna Salad sandwich	661	36	98	16	929

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

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