

# NOVEMBER 2019

# LOMA LINDA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
Your donation is greatly appreciated				
<b>4</b> (**) breakfast casserole with ham hash browns yogurt, biscuit orange juice	<b>5</b> chicken cacciatore herbed spaghetti succotash tropical fruit whole-wheat bread	<b>6</b> sloppy joes on whole-wheat bun green salad broccoli peaches	<b>7</b> chicken tagine ( <i>NEW!</i> ) couscous green beans pineapple & mandarin oranges	
<b>11</b> Center Closed 	<b>12</b> (**) vegetable lasagna green salad peas orange whole-wheat bread	<b>13</b> chicken salad sandwich on whole-wheat bread cauliflower & broccoli salad mandarin oranges	<b>14</b> penne marinara spinach pineapple tidbits whole-wheat bread cookie	
<b>18</b> herbed fish w/tomatoes cold spinach & beet salad pineapple tidbits cornbread	<b>19</b> pork loin w/gravy roasted red potatoes peas jell-o w/pears whole-wheat bread	<b>20</b> chicken taco salad pinto beans corn & bell peppers tropical fruit flour tortilla	<b>21</b> (**) turkey w/stuffing mashed potatoes, yams green beans, dinner roll cranberry sauce pumpkin pie, OJ	
<b>25</b> macaroni & beef mixed vegetables fruit cocktail whole-wheat bread	<b>26</b> broccoli chicken casserole peas pineapple tidbits whole-wheat bread	<b>27</b> Swedish meatballs herbed noodles cauliflower peaches	<b>28</b> Center Closed 	

## SENIOR NUTRITION OFFICE (951) 342 - 3057

George White	(909) 770-8173
Rialto	(909) 877-1360
Dino Papavero	(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

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 of Aging and Adult Services for your community.

**(800) 510-2020**

FAMILY SERVICE ASSOCIATION  
 21250 Box Springs Road, Suite 212  
 Moreno Valley, CA 92557  
[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 Menu Analysis\*

November 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1						
4	Breakfast	754	37	97	24	1595
5	Chicken Cacciatore	609	44	83	13	589
6	Sloppy Joe	579	33	73	20	509
7	Chicken Tagine	622	42	88	12	276
8						
11	CLOSED	868	38	156	15	998
12	Veggie Lasagna	657	34	60	20	1225
13	Chicken Salad	635	42	65	25	786
14	Penne marinara	847	41	115	23	699
15						
18	Fish	597	33	69	22	916
19	Pork Loin	735	47	96	20	708
20	Chicken Taco Salad	641	48	85	15	1000
21	Turkey Dinner	1306	56	199	32	1267
22						
25	Macaroni and Beef	787	45	98	26	930
26	Broccoli Chicken Casserole	753	55	81	25	841
27	Swedish Meatballs	599	31	67	23	870
28	CLOSED					
29						

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


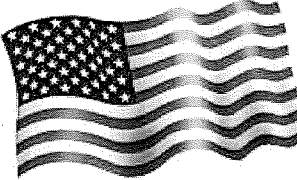





**\*Each menu's nutrient analysis is an estimate only. Actual values may change based on season, method of nutrient analysis for foods used in menu analysis, growing conditions, cooking and storage methods, menu changes and other factors. KMD**

**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**

# NOVEMBER 2019 LOMA LINDA VEGETARIAN MENU



Monday	Tuesday	Wednesday	Thursday
 <b>Your donation is greatly appreciated</b>		 <i>Happy Thanksgiving</i>	 <i>Give Thanks</i>
<b>4</b> (**) veggie breakfast casserole veggie sausage hash browns yogurt, orange juice biscuit	<b>5</b> veggie chicken cacciatore herbed spaghetti succotash tropical fruit whole-wheat bread	<b>6</b> (**) veggie sloppy joes whole-wheat bun green salad broccoli peaches	<b>7</b> veggie chicken tagine ( <i>NEW!</i> ) couscous green beans pineapple tidbits & mandarin oranges
<b>11</b> <i>Center Closed</i>  	<b>12</b> (**) vegetable lasagna green salad peas fresh orange whole-wheat bread	<b>13</b> edamame & black bean salad cauliflower & broccoli salad mandarin oranges whole-wheat bread	<b>14</b> penne marinara w/mozzarella cheese spinach pineapple tidbits, wheat bread cookie
<b>18</b> Cajun black beans cold spinach & beet salad pineapple tidbits cornbread orange juice	<b>19</b> garden burger w/gravy roasted red potatoes peas jell-o w/pears whole-wheat bread	<b>20</b> black bean taco salad pinto beans corn & peppers tropical fruit flour tortilla	<b>21</b> (**) veggie chicken w/stuffing mashed potatoes & gravy holiday yams, green beans cranberry sauce, OJ dinner roll pumpkin pie
<b>25</b> macaroni & cheese mixed vegetables fruit cocktail whole-wheat bread	<b>26</b> broccoli & veggie chicken casserole peas pineapple tidbits whole-wheat bread	<b>27</b> Swedish veggie meatballs herbed noodles cauliflower diced peaches	<b>28</b> <i>Center Closed</i> 

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**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

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**(800) 510-2020**

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# Family Service Association Menu Analysis\*

November 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
4	Breakfast	832	41	102	31	1641
5	Veggie Chicken Cacciatore	726	42	117	7	816
6	Veggie Sloppy Joes	558	39	84	11	1238
7	Veggie Chicken Tagine	691	48	106	11	722
11	CLOSED	1024	37	188	17	732
12	Veggie Lasagna	657	34	60	20	1225
13	Edamame Black Bean Salad	654	38	85	22	531
14	Penne marinara	759	40	100	20	655
18	Cajun Black Beans	734	29	119	17	653
19	Garden Burger	559	37	88	9	996
20	Taco Salad	746	34	112	19	990
21	Veggie Chicken Breast w/ Gravy	1356	50	221	35	1483
25	Macaroni and Cheese	691	35	90	23	683
26	Broccoli Veggie Chicken Casserole	612	38	78	19	932
27	Swedish Veggie Meatballs	557	32	74	17	754
28	CLOSED	770	52	116	11	894

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

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