



Monday	Tuesday	Wednesday	Thursday	Friday
2 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	3 arroz con pollo mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	4 beef stroganoff w/gravy & mushrooms egg noodles spinach mandarin oranges	5 bean & cheese burrito Spanish brown rice corn, zucchini & tomato fresh apple	
9 Salisbury steak w/gravy mashed potatoes broccoli fruit cocktail whole-wheat bread	10 chicken enchilada casserole pinto beans green beans orange juice	11 pork loin w/gravy spinach mashed red potatoes peas jell-o w/diced pears	12 chicken cacciatore herbed noodles capri vegetables mandarin oranges whole-wheat roll	
16 tuna sandwich vegetable soup fresh blanched carrots diced pears w/jell-o cranberry juice	17 cabbage roll mashed potatoes peas & carrots pineapple tidbits whole-wheat bread	18 cheese tortellini w/marinara sauce Brussels sprouts fresh pear whole-wheat bread	19 roast beef w/gravy au gratin potatoes broccoli, dinner roll mandarin oranges chocolate pudding	
23 pepper steak brown rice carrots & peas apricots	24 Center Closed 	25 Center Closed 	26 breaded fish sandwich on whole-wheat bun macaroni salad broccoli fresh orange	
30 (**) scrambled eggs sausage patty hash browns yogurt w/peaches whole-wheat toast	31 Center Closed 	January 1, 2020 Closed New Year's Day		

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

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*

December 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	BBQ Riblet	806	36	99	33	1427
3	Arroz con Pollo	696	50	85	19	707
4	Beef Stroganoff	645	46	84	16	670
5	Bean and Cheese Burrito	695	28	106	20	886
6						
9	Salisbury Steak	906	39	144	9	934
10	Chicken Enchilada	629	46	74	17	926
11	Pork Loin	786	48	93	28	722
12	Chicken Cacciatore	569	39	68	17	565
13						
16	Tuna Sandwich	628	39	101	10	884
17	Cabbage Roll	799	43	118	20	887
18	Tortellini w/ Marinara	590	32	81	14	849
19	Roast Beef	799	44	96	28	954
20						
23	Pepper Steak	661	31	72	14	663
24	CLOSED					
25	CLOSED					
26	Breaded Fish	727	34	110	18	873
27						
30	Eggs and Sausage	711	33	80	30	1027
31	CLOSED					

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




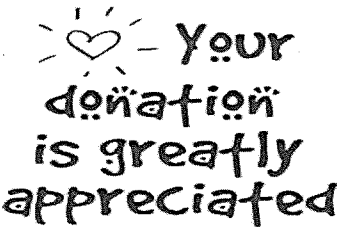
**Each menu's nutrient analysis is an estimate only. Actual values may change based on season, method of nutrient analysis for foods used in menu analysis, growing conditions, cooking and storage methods, menu changes and other factors. KMD*

**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**

DECEMBER 2019 LOMA LINDA VEGETARIAN MENU



Monday	Tuesday	Wednesday	Thursday
2 BBQ veggie chicken breast au gratin potatoes carrot salad tropical fruit whole-wheat bread	3 arroz con pollo vegetariano mixed vegetables pineapple tidbits whole-wheat bread tapioca pudding	4 veggie beef stroganoff egg noodles spinach mandarin oranges whole-wheat bread	5 bean & cheese burrito Spanish brown rice corn, zucchini & tomatoes fresh apple
9 Gardein beefless burger mashed potatoes broccoli fruit cocktail whole-wheat bread	10 black bean enchilada casserole pinto beans green beans orange juice	11 kidney bean bake spinach mashed red potatoes peas jell-o w/diced pears	12 veggie chicken cacciatore herbed noodles capri vegetables mandarin oranges oatmeal cookie
16 egg salad sandwich vegetable soup fresh blanched carrots diced pears w/jell-o cranberry juice	17 cabbage roll mashed potatoes peas & carrots pineapple tidbits whole-wheat bread	18 cheese tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	19 (**) veggie beef strips w/gravy au gratin potatoes broccoli, parker house roll mandarin oranges chocolate pudding
23 veggie pepper steak brown rice carrots & peas apricots	24 <i>Center Closed</i> 	25 <i>Center Closed</i> 	26 (**) garden burger on wheat bun lettuce, tomato macaroni salad broccoli fresh orange
30 (**) scrambled eggs veggie sausage hash browns yogurt w/peaches whole-wheat toast	31 <i>Center Closed</i> 	January 1 st , 2020 <i>Center Closed</i> New Year's Day	

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THANK YOU

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

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(800) 510-2020

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Moreno Valley, CA 92557
(951) 342-3057 www.fsaca.org

1% Milk is served with every meal.
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Family Service Association Menu Analysis*

December 2019

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	BBQ Veggie Chicken Breast	711	31	99	25	1206
3	Arroz con Pollo	645	43	89	15	928
4	Veggie Beef Stroganoff	651	49	92	12	962
5	Bean and Cheese Burrito	695	28	106	20	886
9	Beefless Burger	788	45	143	9	871
10	Veggie Enchilada	605	28	80	19	960
11	Kidney Bean Bake	762	35	126	14	714
12	Veggie Chicken Cacciatore	647	34	84	17	882
16	Egg Salad Sandwich	699	29	103	20	735
17	Cabbage Roll	597	35	99	10	735
18	Tortellini with Marinara	553	32	81	10	966
19	Veggie Beef strips	657	42	99	12	1199
23	Veggie Pepper Steak	700	41	91	21	626
24	CLOSED					
25	CLOSED					
26	Garden Burger	643	40	100	11	1168
30	Breakfast for Lunch	693	39	86	23	1267
31	CLOSED					

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

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