

MARCH 2024 LOMA LINDA VEGETARIAN MENU



Monday	Tuesday	Wednesday	Thursday
4 Gardein beefless burger w/gravy mashed potatoes, broccoli fruit cocktail whole-wheat bread	5 (**) veggie chili carrot coins tropical fruit cornbread	6 kidney bean bake spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	7 veggie chick'n cacciatore capri vegetables mandarin oranges whole-wheat bread vanilla ice cream
11 egg salad sandwich on whole-wheat bread vegetable soup fresh blanched carrots diced pears, cranberry juice	12 sweet & sour veggie tofu brown rice peas & carrots pineapple tidbits	13 cheese tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	14 veggie chef salad saltine crackers celery & peanut butter mandarin oranges brownie
18 veggie pepper steak brown rice butternut squash apricots	19 veggie cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	20 (**) grilled cheese sandwich on whole-wheat bread blanched carrots w/ranch mandarin oranges	21 spaghetti w/veggie meat sauce zucchini & onion Golden Delicious apple garlic toast
25 scrambled eggs veggie sausage hash browns peaches, cranberry juice whole-wheat toast	26 (**) veggie chick'n salad whole-wheat saltines winter blend veggie salad apricots	27 macaroni & cheese mixed vegetables pineapple whole-wheat bread	28 (**) BBQ veggie chick'n scalloped potatoes wax beans fresh orange whole-wheat bread

SENIOR NUTRITION OFFICE (951) 342 - 3057

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

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



FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY

SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES - PUBLIC GUARDIAN THROUGH A GRANT AWARDED FROM THE CALIFORNIA DEPARTMENT OF AGING AND HUD
(800) 510-2020

FSA VEGETARIAN Menu Analysis*

March 2024

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
4	Gardein Beefless Patty	819	39	146	13	880
5	Chili con veggie crumbles	625	33	85	19	1203
6	Kidney Bean Bake	762	35	126	14	714
7	Veggie Chick'n Cacciatore	670	35	81	20	869
11	Egg salad Sandwich	699	29	103	20	735
12	Sweet and Sour Tofu	793	31	120	23	205
13	Tortellini w/ Marinara	553	32	81	10	966
14	Chef Salad	806	36	79	42	810
18	Veggie Pepper Steak	759	39	91	28	553
19	Veggie burger	659	41	91	17	893
20	Grilled Cheese	816	30	71	48	1087
21	Spaghetti	651	36	95	12	888
25	Breakfast	564	35	75	15	997
26	Veggie Chick'n Salad	1011	46	70	63	1492
27	Macaroni and Cheese	702	35	93	23	679
28	BBQ Veggie Chick'n	559	32	76	13	1172

****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, and HUD (Housing and Urban Development) grants, that enable us to provide this service in SAN BERNARDINO COUNTY:

**CITY OF CHINO * CITY OF LOMA LINDA * CITY OF REDLANDS * TOWN OF YUCCA VALLEY * SOCAL GAS
CITY OF RANCHO CUCAMONGA * CITY OF TWENTYNINE PALMS * CITY OF GRAND TERRACE * CITY OF ONTARIO
*CITY OF YUCAIPA * MEALS ON WHEELS AMERICA**