

AUGUST 2025

RIVERSIDE COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
			<i>August 21st is</i> Senior Citizens Day	1 cold Asian chicken salad green beans Jell-O w/fruit cocktail Hawaiian roll
4 (**) scrambled eggs sausage patties hash browns biscuit, yogurt orange juice	5 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	6 sloppy joe on whole-wheat bun green salad broccoli peaches	7 chicken parmesan carrot coins mandarin oranges pineapple whole-wheat bread	8 Philly cheese steak potato wedges winter blend veggies fresh apple vanilla ice cream
11 grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad fresh pear	12 (**) veggie lasagna green salad peas orange garlic toast	13 beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	14 turkey sandwich on whole-wheat bread southwest black bean salad tropical fruit	15 cranberry orange chicken; brown rice mixed vegetables pineapple tidbits cake w/cherries
18 veggie Swedish meatballs mashed potatoes broccoli peaches	19 beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	20 egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit	21 (**) chicken cordon bleu boiled potatoes spinach mandarin oranges cherry tart	22 pork loin mashed potatoes green beans fruit cocktail dinner roll
25 cheeseburger on whole-wheat bun JoJo's broccoli salad tropical fruit	26 chicken a la king biscuit w/entrée green beans pineapple chocolate chip cookie	27 chef salad beets fruit cocktail w/Jell-O whole-wheat bread	28 chicken alfredo fettuccini carrot coins fresh orange garlic toast	29 tuna salad vegetable soup carrots & ranch diced pears cranberry juice

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

SENIOR NUTRITION OFFICE
(951) 342 - 3057

Banning	(951) 849-1920
Beaumont	(951) 769-8524
Cabazon	(951) 922-1097
Calimesa	(909) 795-2287
Eddie Dee Smith	(951) 275-9975
Highgrove	(951) 241-7221
Menifee (Sun City)	(951) 679-0119
Moreno Valley	(951) 247-1667
Perris	(951) 657-7334
San Jacinto	(951) 654-2054

Your voluntary contribution helps us to continue providing you with a nutritious meal.

Suggested contribution 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

Minimum age 60 to participate
Guests under 60. fee is \$9.75



FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY

RIVERSIDE COUNTY OFFICE ON AGING
THROUGH A GRANT AWARDED FROM THE CALIFORNIA DEPARTMENT OF AGING AND HUD

(800) 510-2020

Family Services Association Menu Analysis*

August 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Asian Chicken Salad	619	44	63	23	488
4	Breakfast	832	36	86	22	1184
5	Enchilada Casserole	713	50	89	18	789
6	Sloppy Joes	579	33	73	20	509
7	Chicken Parmesan	786	55	98	20	884
8	Philly Cheese Steak	1211	57	141	49	767
11	Chicken Sandwich	645	47	77	18	601
12	Veggie Lasagna	690	34	60	23	1226
13	Beef Patty	899	39	150	20	650
14	Turkey Sandwich	660	46	86	17	811
15	Cranberry Orange Chicken	984	36	161	24	725
18	Veggie Swedish Meatballs	771	37	142	11	975
19	Burrito	848	38	128	23	684
20	Egg Salad Sandwich	683	36	76	28	841
21	Chicken Cordon Bleu	1272	38	139	65	1449
22	Pork Loin	843	39	143	15	443
25	Cheeseburger	709	44	67	31	648
26	Chicken a la King	668	34	79	26	573
27	Chef Salad	581	41	72	15	841
28	Chicken Alfredo	978	57	142	20	642
29	Tuna Salad	661	37	80	23	973

****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 & Urban Development) grants that enable us to provide this service in Riverside County:

**CITY OF MORENO VALLEY * CITY OF SAN JACINTO * RIVERSIDE COUNTY EDA
CITY OF PERRIS * CITY OF JURUPA VALLEY * SOCAL GAS * MEALS ON WHEELS AMERICA**