

# MAY 2025

# RIVERSIDE COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> beef tacos pinto beans Mexican corn pineapple tidbits	<b>2</b> Asian chicken salad on lettuce bed green beans Jell-O w/fruit cocktail Hawaiian roll
<b>5</b> chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<b>6</b> chicken parmesan pasta in entrée carrot coins mandarin oranges w/pineapple	<b>7</b> sloppy joes on whole-wheat bun green salad broccoli peaches	<b>8</b> pot roast, red potatoes green beans; green salad mandarin oranges w/ pineapple, wheat roll cake & ice cream	<b>9</b> breaded fish sandwich on whole-wheat bun coleslaw, green beans fresh orange
<b>12</b> grilled chicken breast sandwich on whole-wheat bun cucumber tomato salad fresh pear	<b>13 (**)</b> veggie lasagna green salad peas orange garlic toast	<b>14</b> beef patty w/gravy mashed potatoes carrot coins Jell-O w/fruit cocktail whole-wheat bread	<b>15</b> turkey sandwich on whole-wheat bread southwest black bean salad tropical fruit	<b>16</b> cranberry orange chicken, brown rice mixed vegetables pineapple tidbits cake w/cherries
<b>19</b> veggie Swedish meatballs w/gravy mashed potatoes broccoli peaches	<b>20</b> beef, bean & cheese burrito Spanish brown rice Mexican corn fresh pear	<b>21</b> egg salad sandwich on whole-wheat bread vegetable soup green salad tropical fruit w/Jell-O	<b>22</b> lazy chicken breast boiled potatoes spinach mandarin oranges whole-wheat bread	<b>23</b> pork loin mashed potatoes green beans peaches, dinner roll oatmeal cookie
<b>26</b> Center Closed 	<b>27</b> chicken a la king biscuit w/entrée green beans pineapple chocolate chip cookie	<b>28</b> chef salad Jojo's broccoli salad fruit cocktail w/Jell-O whole-wheat bread	<b>29</b> chicken alfredo fettuccini carrot coins fresh orange garlic toast	<b>30</b> cheeseburger on whole-wheat bun beets tropical fruit

**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**

## 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\*

May 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Beef Tacos	631	40	70	22	797
2	Asian Chicken Salad	620	44	63	23	488
5	Enchilada Casserole	713	50	89	18	789
6	Chicken Parmesan	786	55	98	20	905
7	Sloppy Joes	579	33	73	20	509
8	Pot Roast					
9	Fish Sandwich					
12	Chicken Sandwich	645	47	77	18	601
13	Veggie Lasagna	690	34	60	23	1226
14	Beef Patty	899	39	150	20	650
15	Turkey Sandwich	660	46	86	17	811
16	Cranberry Orange Chicken	984	36	161	24	725
19	Veggie Swedish Meatballs	771	37	142	11	975
20	Burrito	848	38	128	23	684
21	Egg Salad Sandwich	683	36	76	28	841
22	Lazy Chicken	586	37	69	21	396
23	Pork Loin	972	40	165	19	513
26	CLOSED					
27	Chicken a la King	670	34	79	26	573
28	Chef Salad	632	43	79	17	830
29	Chicken Alfredo	978	57	142	20	642
30	Cheeseburger	686	43	65	29	690

**\*\*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**