






JUNE 2025

RIVERSIDE COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
2 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole-wheat bread	3 cheese ravioli green salad broccoli mandarin oranges	4 lemon pepper chicken rosemary red potatoes mixed vegetables pineapple tidbits whole-wheat bread	5 beef tacos pinto beans Mexican corn apple	6 baked cod roasted red potatoes Brussels sprouts diced peaches tapioca pudding
9 beef patty w/gravy brown rice broccoli fruit cocktail whole-wheat bread	10 chili con carne carrot coins mandarin oranges cornbread	11 sliced turkey breast spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	12 Philly steak sandwich potato wedges coleslaw fresh apple ice cream	13 chicken cacciatore capri vegetables tropical fruit whole-wheat roll vanilla ice cream
16 tuna salad vegetable soup fresh blanched carrots diced pears cranberry juice	17 sweet & sour chicken brown rice peas pineapple tidbits	18 cheese tortellini w/meat sauce Brussels sprouts fresh pear whole-wheat bread	19  	20 (**) battered fish tacos black bean salad fajita corn peaches
23 pepper steak brown rice butternut squash apricots	24 (**) spaghetti w/veggie meatballs zucchini & onion Golden Delicious apple garlic toast	25 chicken tacos pinto beans Mexican corn pineapple	26 cheeseburger on whole-wheat bun macaroni salad capri vegetables mixed fruit or grapes	27 grilled chicken breast sandwich on whole-wheat bun carrots w/ranch dip mandarin oranges
30 breakfast burrito w/egg, black beans, cheese & hash browns peaches, yogurt cranberry juice	<i>July 1st</i> chicken salad winter blend veg salad apricots whole-wheat saltines			

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*

June 2025

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
2	BBQ Pork Riblets	811	36	100	33	1469
3	Cheese Ravioli	622	28	102	14	981
4	Lemon Pepper Chicken	713	39	89	26	487
5	Beef Tacos	626	47	77	16	846
6	Fish	689	39	97	19	625
9	Beef Patty	580	34	67	22	449
10	Chili con Carne	734	37	79	31	908
11	Turkey	654	45	88	12	782
12	Philly Steak Sandwich					
13	Chicken Cacciatore	809	44	95	30	658
16	Tuna Salad	661	37	80	23	973
17	Sweet and Sour Chicken	759	44	118	13	752
18	Tortellini w/ Meat sauce	699	43	81	21	887
19	Chef Salad	846	46	81	37	949
20	Fish Tacos	1055	49	134	41	1255
23	Pepper Steak	652	29	72	14	591
24	Spaghetti	649	37	96	10	1006
25	Chicken Tacos	614	48	72	16	863
26	Cheeseburger	764	40	87	30	616
27	Chicken Sandwich	648	40	65	26	760
30	Breakfast Burrito	628	23	108	12	503

****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**