



Monday	Tuesday	Wednesday	Thursday	Friday
Your donation is greatly appreciated	1 beef tips w/mushrooms & gravy mashed potatoes broccoli peaches, wheat bread	2 chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread	3 (**) scrambled eggs sausage links country potatoes/gravy banana, OJ biscuit	
7 (**) vegetable lasagna garden salad peas mandarin oranges whole wheat bread	8 beef tips w/mushrooms & gravy mashed potatoes carrots, wheat bread fruit cocktail	9 chicken leg & tortellini w/marinara sauce broccoli pineapple tidbits whole wheat bread	10 (**) meatloaf w/gravy red potatoes winter blend vegetables banana, wheat bread chocolate pudding	
14 lemon pepper chicken brown rice Brussels sprouts apricots whole wheat bread	15 beef stroganoff w/mushrooms & gravy egg noodles spinach mandarin oranges whole wheat bread	16 pork loin w/gravy au gratin potatoes peas jell-o w/pears whole wheat bread	17 (**) roasted turkey & gravy bread stuffing holiday yams mashed potatoes green beans, roll, OJ cranberry sauce, pie	
21 chicken alfredo fettuccini noodles baby lima beans fresh orange whole wheat bread	22 (**) beef lasagna green salad winter blend vegetables apricots garlic breadstick jell-o	23 taco chicken salad lettuce/tomato/cheese pinto beans carrots tropical fruit flour tortilla	24 <i>Center Closed</i> 	
28 (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole wheat bread	29 lazy herb chicken leg red potatoes mixed vegetables pineapple tidbits whole wheat bread	30 beef pot roast w/gravy mashed potatoes green beans fresh apple whole wheat bread		

SENIOR NUTRITION OFFICE
 (951) 342 - 3057

Bloomington (909) 546-1399
 George White (909) 770-8173
 Rialto (909) 877-1360
 Dino Papaveros (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 Services Association Menu Analysis*

November 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Beef Tips	806	45	141	12	789
2	Chicken Cacciatore	657	45	92	14	594
3	Breakfast	1178	40	105	62	1374
4						
7	Veg Lasagna	701	34	69	21	1151
8	Beef Tips	833	42	148	12	826
9	Chicken Tortellini	662	44	86	14	976
10	Meat Loaf	857	36	113	33	1104
14	Lemon Pepper Chicken	727	35	73	36	345
15	Beef Stroganoff	780	46	85	30	711
16	Pork Loin	723	44	92	20	977
17	Roast Turkey	1421	60	225	33	1325
18						
21	Chicken Alfredo	786	55	108	14	901
22	Beef Lasagna	756	35	107	21	1584
23	Taco Chicken Salad	652	50	75	19	945
28	BBQ Pork	804	35	99	33	1427
29	Lazy Herb Chicken	746	40	75	33	526
30	Beef Pot Roast	854	53	136	14	398

***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:**

**ALCOA FOUNDATION * CITY OF RIALTO * CITY OF CHINO * CITY OF CHINO HILLS * CITY OF LOMA LINDA *
* CITY OF RANCHO CUCAMONGA * CITY OF TWENTY NINE PALMS * FONTANA DINO PAPAVEROS APARTMENTS
CITY OF GRAND TERRACE * CITY OF UPLAND * CITY OF ONTARIO**

NOVEMBER 2016 LOMA LINDA VEGETARIAN MENU



Monday	Tuesday	Wednesday	Thursday
Your donation is greatly appreciated	1 veggie beef strips w/mushrooms & gravy mashed potatoes broccoli peaches, whole wheat bread	2 veggie chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread	3 (**) scrambled eggs veggie sausage country potatoes & gravy fresh banana, OJ biscuit
7 (**) vegetable lasagna garden salad peas mandarin oranges whole wheat bread	8 veggie beef strips w/mushrooms & gravy mashed potatoes carrots fruit cocktail, wheat bread	9 (**) veggie chicken & tortellini w/marinara sauce broccoli pineapple tidbits whole wheat bread	10 lentil loaf w/gravy red potatoes winter blend vegetables banana, whole wheat bread chocolate pudding
14 veggie lemon pepper chicken brown rice Brussels sprouts apricots whole wheat bread	15 veggie beef stroganoff egg noodles spinach mandarin oranges whole wheat bread	16 (**) garden burger w/gravy au gratin potatoes peas jell-o w/pears whole wheat bread	17 (**) veg chicken breast w/gravy holiday yams mashed potatoes green beans cranberry sauce, OJ roll, pumpkin pie
21 veggie chicken alfredo fettuccini noodles lima beans fresh orange whole wheat bread	22 (**) vegetable lasagna winter blend vegetables apricots garlic breadstick jell-o	23 black bean taco salad lettuce/tomato/cheese pinto beans carrots tropical fruit flour tortilla	24 <i>Center Closed</i>
28 (**) veggie patty w/BBQ sauce au gratin potatoes carrot salad tropical fruit whole wheat bread	29 lazy herb veggie chicken red potatoes mixed vegetables pineapple tidbits whole wheat bread	30 veggie beef strips w/gravy mashed potatoes green beans fresh apple whole wheat bread	

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Family Services Association Vegetarian Menu Analysis*

November 2016

Date	Menu**	Calories	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Sodium (mg)
1	Veggie Beef Tips	833	50	148	10	948
2	Veggie Chicken Cacciatore	759	43	120	10	964
3	Breakfast (Eggs & Veggie Sausage)	1060	40	105	45	1614
7	Veggie Lasagna	695	34	68	21	1150
8	Veggie Beef Tips	848	46	153	10	916
9	Tortellini w/ Veggie Chicken	667	48	89	11	1200
10	Lentil Loaf	916	37	150	21	834
14	Veggie Lemon Pepper Chicken	583	36	77	17	553
15	Veggie Beef Stroganoff	592	47	88	8	864
16	Garden Burger	601	38	95	9	1391
17	Veggie Chicken w/ Gravy	1607	60	270	36	2105
21	Veggie Chicken Alfredo	711	51	101	11	834
22	Veggie Lasagna	727	31	68	24	1334
23	Taco Salad	640	33	94	14	913
28	Veggie Patty	749	31	106	25	1464
29	Lazy Herb Veggie Chicken	592	36	85	14	799
30	Veggie Beef Tips	820	46	148	9	844

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

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