

LOMA LINDA
SENIOR CENTER
 25571 Barton Road
 Loma Linda, CA. 92354
 (909) 799-2820



OFFICE HOURS
Mondays: 11:00-1:00
Tuesdays: 9:00-1:00
Wednesdays: 9:00-1:00
Thursdays: 11:00-3:00
First Thursday of the month: 11:00-1:00

Monday	Tuesday	Wednesday	Thursday	Fri/Sat/Sun
26 Lunch 11:30 – 12:30	27 Ukulele Strummers 10:00 - 11:30 Lunch 11:30 – 12:30 AARP Driver Safety in Community Room 9:00 – 1:00	28 Beginners Ukulele Class 9:30 - 11:30 Lunch 11:30 – 12:30 Painting Class 10:00 – 1:00	29 Lunch 11:30 – 12:30 Closed after lunch for dance set up	1 Closed 2 Ballroom dance 3 Art demonstration
4 Lunch 11:30 – 12:30	5 Ballroom Dancing Class 9:30 – 11:30 Lunch 11:30 – 12:30 AARP Tax Assistance in Community Room 10:00 – 1:00	6 Beginners Ukulele Class 9:30 - 11:30 Lunch 11:30 – 12:30 Painting Class 10:00 – 1:00	7 Lunch 11:30 – 12:30 Line Dancing 1:00 – 3:00	8/9/10 CLOSED 
11 Lunch 11:30 – 12:30	12 Ukulele Strummers 10:00 - 11:30 Lunch 11:30 – 12:30 AARP Tax Assistance in Community Room 10:00 – 1:00	13 Beginners Ukulele Class 9:30- 11:30 Lunch 11:30 – 12:30 Painting Class 10:00 – 1:00	14 Safety For Seniors Presentation 11:00 Lunch 11:30 – 12:30 Line Dancing 1:00 – 3:00	15/16/17 CLOSED 
18 Lunch 11:30 – 12:30	19 Ballroom Dancing Class 9:30 – 11:30 Bus Passes 11:00 - 12:00 Lunch 11:30 – 12:30 AARP Tax Assistance in Community Room 10:00 – 1:00	20 Beginners Ukulele Class 9:30 - 11:30 Lunch 11:30 – 12:30 Painting Class 10:00 – 1:00 AARP Driver Safety Community Room 9:00 – 1:00	21 Lunch 11:30 – 12:30 Line Dancing 1:00 – 3:00 AARP Driver Safety in Community Room 9:00 – 1:00	22/23/24 CLOSED 
25 Lunch 11:30 – 12:30	26 Ukulele Strummers 10:00 - 11:30 Lunch 11:30 – 12:30 AARP Tax Assistance in Community Room 10:00 – 1:00	27 Beginners Ukulele Class 9:30 - 11:30 Lunch 11:30 – 12:30 Painting Class 10:00 – 1:00	28 Lunch 11:30 – 12:30 Line Dancing 1:00 – 3:00	29/30/31 CLOSED 

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

MARCH 2024

LOMA LINDA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			<i>February 29th</i> chicken pasta primavera green beans mandarin oranges w/pineapple whole-wheat bread	= THANKS = for your DONATIONS
4 beef patty w/gravy mashed potatoes broccoli fruit cocktail whole-wheat bread	5 chili con carne carrot coins cornbread tropical fruit	6 pork loin w/gravy spinach mashed red potatoes; peas Jell-O w/diced pears whole-wheat bread	7 chicken cacciatore capri vegetables mandarin oranges whole-wheat roll vanilla ice cream	 VOLUNTEERS NEEDED
11 open face tuna sandwich; veggie soup fresh blanched carrots diced pears w/Jell-O cranberry juice	12 sweet & sour chicken brown rice peas & carrots pineapple tidbits	13 tortellini w/marinara Brussels sprouts fresh pear whole-wheat bread	14 chef salad celery & peanut butter mandarin oranges w/Jell-O brownie	
18 pepper steak brown rice butternut squash apricots	19 cheeseburger on whole-wheat bun macaroni salad capri vegetables grapes	20 grilled chicken breast sandwich on wheat bun blanched carrots mandarin oranges	21 spaghetti w/meat sauce zucchini & onion Golden Delicious apple garlic toast	
25 scrambled eggs sausage patties hash browns; peaches whole-wheat toast cranberry juice	26 chicken salad whole-wheat crackers winter blend veg salad apricots	27 macaroni & beef mixed vegetables pineapple whole-wheat bread	28 BBQ chicken scalloped potatoes wax beans fresh orange whole-wheat bread	

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