

AUGUST 2014 SAN BERNARDINO COUNTY

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Monday	Tuesday	Wednesday	Thursday	Friday
1 (**) 3lbq riblet sandwich baked beans arrots whole wheat bread mandarin oranges elli-o	5 pepper steak rice pilaf broccoli diced peaches whole wheat bread	6 chicken cacciatore with whole wheat pasta succotash whole wheat bread tropical fruit	7 baked fish with lemon pepper sauce red potatoes capri vegetables whole wheat bread fresh orange	8 turkey sandwich on whole wheat bread brown rice carrot salad lettuce leaf & tomato cantaloupe
(FAX) 11 readed fish sandwich n whole wheat bun erb parsley noodles roccoli mandarin oranges	12 cranberry orange chicken breast brown rice mixed vegetables tropical fruit	13 (**) hot dog on whole wheat bun chili beans carrot raisin salad diced peaches chocolate pudding	14 hot turkey sandwich with gravy on whole wheat bread mashed potatoes spinach fresh fruit	15 chicken fajitas with corn tortillas pinto beans capri vegetables pineapple & mandarin orange medley
18 breaded chicken patty w/ Alfredo sauce whole wheat pasta carrots jell-o with diced pears	19 beef tips w/gravy & mushrooms mashed potatoes broccoli whole wheat bread diced peaches	20 tuna salad plate w/shredded lettuce & hard boiled egg tomato wedges carrot sticks & crackers tropical fruit	21 Salisbury steak w/gravy red potatoes baby lima beans green salad whole wheat bread orange	22 hot turkey sandwich with gravy mashed potatoes spinach whole wheat bread watermelon
25 beef Stroganoff with gravy whole wheat pasta mandarin oranges	26 Baked fish in lemon sauce mashed potatoes mixed vegetables fruit cocktail whole wheat bread	27 taco chicken salad pinto beans fresh tropical fruit flour tortilla tropical fruit	28 tater tot casserole fresh green salad whole wheat bread applesauce	29 (**) cheese burger on whole wheat bun baked beans potato salad jell-o with diced peaches



SENIOR NUTRITION OFFICE
(951) 342 - 3057

- Delman Heights (909) 887-2115
- Grand Terrace (909) 514-1671
- Joshua Tree (760) 366-2471
- Mentone (909) 794-5280
- Redlands (909) 793-6999
- Twenty Nine Palms (760) 367-3891
- Yucaipa (909) 790-3170
- Yuca Valley (760) 228-5453

Your voluntary donation of \$3.00 helps us to continue providing you with a nutritious meal.

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 on Aging and Adult Services for your community.

(800) 510-2020

FAMILY SERVICE ASSOCIATION
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WE WILL SERVE YOU EVERY MEAL
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