

AUGUST 2014 SAN BERNARDINO COUNTY



P.001/001

(FAX)

07:47

07/29/2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 (**) 3bq riblet sandwich baked beans carrots whole wheat bread mandarin oranges jell-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
11 breaded fish sandwich on whole wheat bun herb parsley noodles broccoli 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 potato 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
Yucca 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
21250 Box Springs Road, Suite 212
Moreno Valley, CA 92553
(951) 342-3057 www.fsa-a.org

1/2 Milk is served with every meal
(**) INDICATES A HIGH SODIUM MEAL
MEALS are subject to CHANGE due to the
availability of food products