

# NOVEMBER 2016 SAN BERNARDINO COUNTY



Monday	Tuesday	Wednesday	Thursday	Friday
Your donation is greatly appreciated	<b>1</b> beef tips w/mushrooms & gravy mashed potatoes broccoli peaches, wheat bread	<b>2</b> chicken cacciatore herbed spaghetti succotash tropical fruit whole wheat bread	<b>3</b> (**) scrambled eggs sausage links country potatoes/gravy banana, OJ biscuit	<b>4</b> breaded fish fillet red potatoes mixed vegetables apple, wheat bread pudding w/pineapple
<b>7</b> (**) vegetable lasagna garden salad peas mandarin oranges whole wheat bread	<b>8</b> beef tips w/mushrooms & gravy mashed potatoes carrots, wheat bread fruit cocktail	<b>9</b> chicken leg & tortellini w/marinara sauce broccoli pineapple tidbits whole wheat bread	<b>10</b> (**) meatloaf w/gravy red potatoes winter blend vegetables banana, wheat bread chocolate pudding	<b>11 Center Closed</b> 
<b>14</b> lemon pepper chicken brown rice Brussels sprouts apricots whole wheat bread	<b>15</b> beef stroganoff w/mushrooms & gravy egg noodles spinach mandarin oranges whole wheat bread	<b>16</b> pork loin w/gravy au gratin potatoes peas jell-o w/pears whole wheat bread	<b>17</b> (**) roasted turkey & gravy bread stuffing holiday yams mashed potatoes green beans, roll, OJ cranberry sauce, pie	<b>18</b> baked pangasius fish w/lemon butter sauce roasted red potatoes mixed vegetables diced peaches whole wheat bread
<b>21</b> chicken alfredo fettuccini noodles baby fava beans fresh orange whole wheat bread	<b>22</b> (**) beef lasagna green salad winter blend vegetables apricots garlic breadstick jell-o	<b>23</b> taco chicken salad lettuce/tomato/cheese pinto beans carrots tropical fruit flour tortilla	<b>24 Center Closed</b> 	<b>25 Center Closed</b> 
<b>28</b> (**) BBQ pork riblet au gratin potatoes carrot salad tropical fruit whole wheat bread	<b>29</b> lazy herb chicken leg red potatoes mixed vegetables pineapple tidbits whole wheat bread	<b>30</b> beef pot roast w/gravy mashed potatoes green beans fresh apple whole wheat bread		

## SENIOR NUTRITION OFFICE (951) 342 - 3057

- Delmann Heights (909) 887-2115
- Grand Terrace (909) 514-1672
- Joshua Tree (760) 366-2471
- Mentone (909) 794-5280
- Redlands (909) 793-6999
- Casa De La Vista (909) 335-8888
- 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 of Aging and Adult Services for your community.

**(800) 510-2020**

FAMILY SERVICE ASSOCIATION  
 2125D Box Springs Road, Suite 212  
 Moreno Valley, CA 92557  
[www.fsaca.org](http://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