



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Spanish beef roast Spanish rice spinach pears whole-wheat bread	<b>2</b> chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	<b>3 (**)</b> cheeseburger on whole-wheat bun potato salad baked beans watermelon	<b>4</b> <i>Center Closed</i> 	<b>5</b> Darryl's breaded cod brown rice green beans apple vanilla pudding
<b>8</b> beef patty w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	<b>9</b> tuna salad sandwich pickled beet salad fresh pear mandarin oranges Jell-O	<b>10 (**)</b> pork w/verde sauce pinto beans corn, zucchini & tomato peaches flour tortilla	<b>11</b> sloppy joe on whole-wheat bun JoJo's broccoli salad vegetable salad watermelon or apple	<b>12</b> BBQ chicken brown rice Brussels sprouts green salad orange juice
<b>15</b> pepper steak mashed potatoes green beans fresh orange whole-wheat bread	<b>16</b> chicken fajitas pinto beans cauliflower fresh apple flour tortillas	<b>17</b> egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit w/Jell-O	<b>18 (**)</b> BBQ pork riblet rice cold black bean salad broccoli fresh pear	<b>19</b> chicken noodle casserole mixed vegetables pineapple tidbits, O.J. whole-wheat bread
<b>22 (**)</b> chili dog on whole-wheat bun broccoli & cauliflower salad; coleslaw tropical fruit	<b>23</b> cod w/lemon & butter garden brown rice Brussels sprouts green salad fresh apple	<b>24</b> chicken salad sandwich on whole-wheat bread carrot sticks w/ranch mandarin oranges sugar cookie	<b>25</b> beef tacos pinto beans Mexican corn pineapple tidbits	<b>26</b> chicken w/peppers roasted potatoes green beans Jell-O w/fruit cocktail whole-wheat bread
<b>29 (**)</b> scrambled eggs sausage patties hash browns biscuit; yogurt orange juice	<b>30</b> chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<b>31</b> sloppy joe on whole-wheat bun broccoli green salad peaches	<i>August 1st</i> chicken parmesan carrot coins mandarin oranges with pineapple whole-wheat bread	

**SENIOR NUTRITION OFFICE**

**(951) 342 – 3057**

**Lunch served from 11:30am – 12:30pm**

**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) 361-1410  
**Yucaipa** (909) 918-4306

**\*Yuca Valley (760) 257-5761**

**\*lunch served from 11:00am – 12noon**

**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 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**

**FAMILY SERVICE ASSOCIATION**  
 21250 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**

***\*\*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, and HUD  
(Housing and Urban Development) grants, that enable us to provide this service in SAN BERNARDINO COUNTY:**

**CITY OF CHINO \* CITY OF LOMA LINDA \* CITY OF REDLANDS \* TOWN OF YUCCA VALLEY \* SOCALGAS  
CITY OF RANCHO CUCAMONGA \* CITY OF TWENTYNINE PALMS \* CITY OF GRAND TERRACE \* CITY OF ONTARIO  
\*CITY OF YUCAIPA \* MEALS ON WHEELS AMERICA**