

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

APRIL

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

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

APRIL 2024

LOMA LINDA MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 (**) Spanish beef roast Spanish rice spinach pears whole-wheat bread	2 shepherd's pie broccoli orange whole-wheat bread	3 chicken taco salad pinto beans Mexican corn tropical fruit corn tortilla	4 cheeseburger on whole-wheat bun potato salad baked beans watermelon	= THANKS = <i>for your</i> DONATIONS
8 beef patty w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	9 tuna noodle casserole carrot coins fresh pear whole-wheat bread Jell-O	10 (**) chicken w/verde sauce pinto beans corn, zucchini, tomato and red peppers peaches	11 sloppy joe on whole-wheat bread vegetable soup JoJo's broccoli salad watermelon or apple	 VOLUNTEERS NEEDED
15 pepper steak mashed potatoes green beans fresh orange whole-wheat bread	16 (**) BBQ riblet cold black bean salad broccoli mandarin oranges whole-wheat bread	17 egg salad sandwich on whole-wheat bread celery w/peanut butter tropical fruit Jell-O	18 chicken fajitas pinto beans cauliflower apricots flour tortillas	 Lunch
22 (**) chili dog on whole-wheat bun coleslaw broccoli cauliflower salad; tropical fruit	23 chicken salad sandwich on whole-wheat bread carrot sticks w/ranch mandarin oranges sugar cookie	24 spaghetti w/meat sauce green salad Brussels sprouts apple	25 beef tacos Spanish rice Mexican corn Pineapple tidbits	
29 (**) scrambled eggs sausage patties hash browns yogurt biscuit, orange juice	30 chicken enchilada casserole Spanish brown rice pinto beans, zucchini tropical fruit	<i>May 1st</i> sloppy joe on whole-wheat bun broccoli green salad peaches		

FAMILY SERVICE ASSOCIATION
 21250 Box Springs Road, Suite 212
 Moreno Valley, CA 92557
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.

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, Mon-Fri



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

APRIL 2024 LOMA LINDA VEGETARIAN MENU



Monday	Tuesday	Wednesday	Thursday
1 veggie Spanish beef Spanish rice Spinach pears whole-wheat bread	2 shepherd's pie broccoli orange whole-wheat bread	3 black bean taco salad pinto beans Mexican corn tropical fruit flour tortilla	4 (**) veggie burger on whole-wheat bun potato salad baked beans watermelon
8 lentil loaf w/gravy red potatoes apple carrot casserole pineapple whole-wheat bread	9 veggie chick'n noodle casserole carrot coins fresh pear; Jell-O whole-wheat bread	10 tofu verde pinto beans corn, zucchini, tomatoes and red peppers diced peaches	11 (**) veggie sloppy joe on whole-wheat bun vegetable soup JoJo's broccoli salad watermelon or apple
15 vegetarian pepper steak mashed potatoes green beans fresh orange whole-wheat bread	16 BBQ veggie burger cold black bean salad broccoli mandarin oranges whole-wheat bread	17 egg salad sandwich on whole-wheat bread celery sticks w/peanut butter tropical fruit Jell-O	18 (**) veggie beef fajitas pinto beans cauliflower apricots flour tortillas
22 veggie smart dog w/chili on whole-wheat bun coleslaw broccoli cauliflower mix tropical fruit	23 (**) veggie chicken salad sandwich carrot sticks w/ranch dip mandarin oranges sugar cookie	24 spaghetti w/veggie meat sauce green salad Brussels sprouts fresh apple	25 refried bean tacos Spanish rice Mexican corn pineapple tidbits
29 (**) scrambled eggs veggie sausage hash browns yogurt biscuit, orange juice	30 veggie enchilada casserole Spanish brown rice pinto beans zucchini tropical fruit	<i>May 1st</i> veggie sloppy joe on whole-wheat bread green salad broccoli peaches	

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