

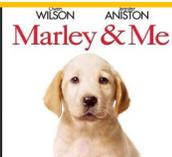
This Month at FCSC Theater

January 6th



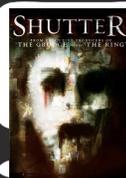
**American
Pscho**

January 13th



Marley & Me

January 20th



Shutter

January 27th



Volcano

January 10th



DareDevil

January 17th



Selena

January 24th



**Thanks for not
Smoking**

January 31st



X-Men

Upcoming Events

Oldies but Goodies

January 10th

6pm-9pm

\$3 resident 55+ \$6 all others

Tickets on sale now!

Martin Luther King Jr Day

1/20/20

Center will be closed.

Advisory Board Meeting

1/14/19

2:30pm

We will be installing the new
advisory board for 2020.



FONTANA COMMUNITY
SENIOR CENTER



Nutrition Program

January 2020

Monday-Friday
Doors open at 9:30am
(beverage service only)
Food service 11am-1pm

Cost:

\$4 - 55+ Fontana Residents

\$6 - for all others

Fontana Community Senior Center

16710 Ceres Ave, Fontana, CA

January 1st-10th

Wednesday, January 1st
CLOSED

Thursday, January 2nd
Roasted Herb Chicken (Veggie Chicken)
Mash Potato, Gravy, Corn on the Cob, Roll

Friday, January 3rd
Chile Relleno
Sauce, Rice, Beans

Monday, January 6th
Salisbury Steak (Veggie Beef)
Onion & Gravy, Sweet Potato Mash, Green Beans

Tuesday, January 7th
BBQ Leg Quarter (Veggie Chicken)
Baked Beans, Collard Greens

Wednesday, January 8th
Turkey (Veggie Chicken)
Gravy, Stuffing, Carrots

Thursday, January 9th
Breaded Bake Chicken (Veggie Chicken)
Country Gravy, Scalloped Potatoes
Peas & Carrots

Friday, January 10th
Pork Chop (Veggie Beef)
Tomato & Onion Sauce, Rice
Pilaf, Broccoli

January 13th-24th

Monday, January 13th
Meatloaf (Veggie Meatloaf)
Mash Potato, Corn

Tuesday, January 14th
Beef Stroganoff over Noodles (Veggie Beef)
Peas, Rye Bread

Wednesday, January 15th
White Fish (Veggie Fish)
Mango Salsa, Rice, Black Beans

Thursday, January 16th
Cornbread w/ Chili Beans topped w/ Cheese
& Onion

Friday, January 17th
Birthday Lunch
Mushroom Swiss Chicken (Veggie Chicken)
Roasted Potato, Grilled Zucchini

Monday, January 20th
CLOSED

Tuesday, January 21st
Fish (Veggie Fish)
Lemon Pepper Sauce, Wild Rice, Veggie
Medley

Wednesday, January 22nd
BBQ Pulled Pork Sandwich (grilled cheese)
Coleslaw, Pickle

Thursday, January 23rd
Chicken Marsala (Veggie Chicken)
Pasta, Spinach

Friday, January 24th
Beef Fajitas (Veggie Beef)
Rice Beans, Tortilla

January 27th-31st

Monday, January 27th
Breaded Pork Chop (Veggie Beef)
Rice Pilaf, Spanish

Tuesday, January 28th
Bowl Tomato Soup
Tuna Sandwich (Grilled Cheese)

Wednesday, January 29th
Ground Turkey Stuffed Cabbage Rolls
Roasted Potatoes, Carrots, Roll

Thursday, January 30th
Grilled Chicken (Veggie Chicken)
Plum Ginger Sauce,
Asparagus, Brown Rice

Friday, January 31st
Pot Roast Sandwich (Grilled Cheese)
Onions & Gravy, Fries, Coleslaw



*Vegetarian Options in
Parenthesis ()