

# THIS MONTH AT FCSC

## THEATER

*February 3rd*    *February 7th*

**AMERICAN  
PSCHO**

**DAREDEVIL**

*February 10th*    *February 14th*

**MARLEY & ME**

**THANKS FOR  
NOT SMOKING**

*February 17th*    *February 21st*

**X-MEN**

**SELENA**

*February 24th*    *February 28th*

**SHUTTER**

**VOLCANO**

# Upcoming Events

## Sweetheart Dance

February 14th

8pm-9pm

\$3 resident 55+ \$6 all  
others

**Tickets on sale now!**

## Pala Casino

February 15th

8am-7pm

\$34 resident 55+

## President's Day

February 17th

Center will be closed

## Advisory Board Meeting

February xx

2:30pm

We will be installing the  
new advisory  
board for 2020.



## Nutrition Program

### February 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

## February 3rd-11th



### Monday February 3rd

Grilled Chicken (Veggie Chicken)  
Plum ginger sauce, quinoa, chickpeas

### Tuesday, February 4th

White Fish (Veggie Fish)  
Strawberry salsa, brown rice, spinach

### Wednesday, February 5th

Hoisin Pork Roast (Veggie Pork)  
Black beans, plantains



### Thursday, February 6th

Spaghetti with Meat Sauce (Tomato Sauce)  
Broccoli, garlic bread

### Friday, February 7th

Turkey Burger (Veggie Turkey)  
Sweet potato fries, pickle chips

### Monday, February 10th

Open-faced Turkey Pot Pie (Veggie Turkey)  
Peas and carrots, biscuit



### Tuesday, February 11th

Pepperoni Pizza (Cheese Pizza)  
Salad



## February 12th-21st

### Wednesday, February 12th

Grilled Chicken (Veggie Chicken)  
Caesar salad, roll

### Thursday, February 13th

Pulled BBQ Pork Sandwich  
(Veggie Pork)  
Coleslaw, chips

### Friday, February 14th

Braised Roast Beef (Veggie Beef)  
Scalloped potatoes, green beans, roll

### Monday, February 17th

CLOSED

### Tuesday, February 18th

Thai Pork (Veggie Pork)  
Coconut rice, cashew & squash

### Wednesday, February 19th

Meatloaf (Veggie Meatloaf)  
Gravy, mashed potatoes, peas, roll

### Thursday, February 20th

Creamy Cajun Shrimp & Sausage  
(Veggie Fish & Veggie Sausage)  
Pasta, broccoli, bread

### Friday, February 21st

#### **Birthday Lunch**

Oven fried chicken  
(Veggie Chicken)  
Mashed potatoes, gravy, corn



## February 24-28th

### Monday, February 24th

Tuna Sandwich (Veggie Fish)  
Baked chips, pickle spear

### Tuesday, February 25th

Herb-coated Pork Chop (Veggie Pork)  
Carrots, mashed cauliflower

### Wednesday, February 26th

Italian Wedding Soup  
Pasta, cheese

### Thursday, February 27th

Southwest Turkey Chili (Veggie Turkey)  
Cornbread, cheese, sour cream

### Friday, February 28th

Beef Fajitas (Veggie Beef)  
Mexican rice, pinto beans

\*Vegetarian Options in  
Parentheses ( )

