

## **30th Street Senior Center**

225-30th Street, San Francisco, CA 94131 (415) 550-2210

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
Mexican Beef	Salisbury Steak w/ gravy	Turkey Breast w/ Mushroom Gravy	Baja Chicken	Broccoli Beef	
Seasoned Pinto Beans	Mashed Potatoes	Rice Pilaf	Rice/Beans	Brown Rice	Chef's Choice
Mixed Vegetables	5 way Mix Vegetables	Peas	Mexican Corn	(Broccoli)	
Assorted Juice	Salad	Salad	Salad	Salad	<b>Assorted Juice</b>
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Citrus Fruit	Fresh Fruit
8	9	10	11	Chinese New Year 12	13
Breaded Fish w/ tartar sauce	Fish Veracruz	Ancho Chicken Fajitas	Pork Loin w/Apple Cranberry	Turkey Meatballs w/ gravy	
Herbed Rice	Brown Rice	Black Beans	Mashed Sweet Potatoes	Pasta	Chef's Choice
Italian Mix Vegetables	Broccoli/ Cauliflower	Peppers & Onions	Brussel Sprouts	Mixed Vegetables	
Assorted Juice	Salad	Salad	Salad	Pineapple Slaw	Assorted Juice
		Flour Tortilla			
Fresh Fruit	Fresh Fruit	Fresh Fruit	Citrus Fruit	Fresh Fruit	Fresh Fruit
Presidents Day 15	16	17	18	19	20
Chicken Pozole	Cheese Tortellini w/ Marinara	Chicken Mole	Pot Roast w/ gravy	Creole Fish	
(Hominy)	(pasta)	Mexican Rice	Mashed Potatoes	Steamed Rice	Chef's Choice
Mixed Vegetables	Italian Mixed Vegetables	Cabbage & Carrots	Peas & Onions	Winter Blend Veg	
Assorted Juice	Salad	Salad	Salad	Salad	Assorted Juice
Fresh Fruit	Pear	Fresh Fruit	Orange	Fresh Fruit	Fresh Fruit
22	23	24	25	26	27
Marsala Chicken	Garlic Chicken	Meatloaf w/ gravy	Breaded Fish w/ tartar sauce	Pasta Bolognese (Turkey)	
Diced Potatoes	Roast Potatoes	Scalloped Potatoes	Rice	Penne Pasta	Chef's Choice
Spinach	Broccoli	Peas & Carrots	Green Beans	Mixed Greens	
Assorted Juice	Salad	Salad	Salad	Salad	Assorted Juice
Fresh Fruit	Fresh Fruit	Fresh Fruit	Orange	Fresh Fruit	Fresh Fruit





February 2021



