



30th Street Senior Center

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					Pork Pozole Stew Spring Mix Salad Whole Wheat Roll Fresh Seasonal Fruit Milk Italian Salad Dressing Margarine
3	4	5	6	7	8
Ginger Pepper Beef Whole Grain Garlic Noodles Carrots Lentil Soup Fresh Orange Milk	Tilapia Fish w/Dill Sauce Brown Rice Pilaf Green Beans w/ Red Peppers Fresh Pear Milk	Meatloaf w/Brown Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Whole Wheat Roll/ Margarine Fresh Orange Milk	Lemongrass Pork Brown Rice California Vegetable Blend Cucumber Salad Tossed Salad w/Salad Dressing Fresh Pear Milk	Garden Meatballs w/Honey Ginger Glaze (vegetarian) Brown Rice Japanese Vegetable Blend Tropical Fruit Milk	Chicken Corn Chowder Soup Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
10	11	12	13	14	15
Chicken Fried Brown Rice Whole Kernel Corn Kale Soup Fresh Seasonal Fruit Milk	Vegetarian White Bean Chili Whipped Potatoes Mixed Greens Whole Wheat Roll Fresh Apple Milk	Cilantro Lime Tilapia Fish Brown Rice Corn w/ Bell Peppers California Vegetable Soup Fresh Pear Milk	Beef Ropa Vieja Spanish Brown Rice Pinto Beans Peas and Carrots Fresh Orange Milk	Chicken Supreme Brown Rice California Vegetable Blend Tossed Salad Fresh Banana Milk Italian Salad Dressing	Beef & Vegetable Soup Whole Grain Penne Pasta Spinach Salad Fresh Seasonal Fruit Milk Italian Salad Dressing
17	18	19	20	21	22
Moroccan Lemon Chicken Brown Rice Pilaf Green Beans Lentil & Garbanzo Bean Soup Fresh Orange Milk	Beef Tips w/Gravy Garlic Whipped Potatoes Carrots Spinach Salad w/ Dressing Whole Wheat Bread Fresh Seasonal Fruit Milk Broccoli Cream Soup	Potato Crusted Pollock Fish w/Dill Sauce Brown Rice Pilaf Cauliflower Fresh Apple Milk	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Assorted Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk	Chicken Tortilla Soup Spring Mix Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing
24	25	26	27	28	29
Fish w/ Creamy Tuscan Sauce Orzo Pasta Capri Vegetable Blend Cannellini Bean Soup Fresh Orange Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/Corn Whole Wheat Roll/ Margarine Pineapple Tidbits Milk	Pork Carnitas Spanish Brown Rice Pinto Beans Vegetable Soup 100% Orange Juice Milk Taco Sauce	Broccoli Beef w/Edamame Brown Rice Lima Beans Carrots Spinach Salad w/ Ranch Dressing Fresh Orange Milk	Chicken Char Siu Whole Grain Garlic Noodles Japanese Vegetable Blend Fresh Seasonal Fruit Milk	Beef Barley Soup Spring Mix Salad Whole Wheat Bread Mixed Fruit Milk Italian Salad Dressing Margarine

This Program is partially funded by City & County of SF Dept of Disability and Aging Services and is available to individuals 60 years and older.

indicates meal is >1000mg sodium