



30th Street Senior Center

March 2023

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday/ Frozen   |
|--|--|--|---|--|--|
|  |  | 1<br>Chicken Thigh w/ Mole Sauce<br>Spanish Brown Rice<br>California Vegetable Blend<br>Corn Chowder<br>Fresh Orange<br>Milk | 2<br>Creole Fish<br>Brown Rice<br>Lima Beans<br>Tossed Salad w/ Bell Pepper<br>Fresh Seasonal Fruit<br>Milk<br>Italian Salad Dressing | 3<br>Bean Burrito Mojado<br>(Whole Wheat Tortilla in Entrée)<br>Broccoli<br>Carrots<br>100% Apple Juice<br>Milk  | 4<br>Chef's Choice<br>(grain)<br>(vegetable)<br>100% Juice<br>Milk   |
|  |  | 6<br>Ginger Pepper Beef<br>Whole Grain Garlic Noodles<br>Cauliflower<br>Lentil Soup<br>Fresh Seasonal Fruit<br>Milk          | 7<br>Potato Crusted Fish<br>w/ Dill Sauce<br>Brown Rice<br>Green Beans w/ Red Peppers<br>Fresh Pear<br>Milk                           | 8<br>Meatloaf w/ Gravy<br>Whole Grain Dinner Roll<br>Garlic Mashed Potatoes<br>Barley Vegetable Soup<br>Fresh Banana<br>Milk<br>Margarine                | 9<br>Chicken Provencale<br>Brown Rice Pilaf<br>Corn<br>Spinach Salad<br>Fresh Orange<br>Milk<br>Italian Salad Dressing |
| 13<br>Cilantro Lime Fish<br>Long Grain Rice<br>California Vegetable Soup<br>Fresh Seasonal Fruit<br>Milk   | 14<br>Chicken Souvlaki<br>Whole Grain Dinner Roll<br>Roasted Potatoes<br>Tropical Fruit<br>Milk<br>Margarine<br><br>Milk<br>Ranch Salad Dressing | 15<br>Thai Coconut Curry w/ Turkey<br>Brown Rice<br>Corn w/ Bell Peppers<br>Kale Soup<br>Fresh Seasonal Fruit<br>Milk        | 16<br>Beef Ropa Vieja<br>Spanish Brown Rice<br>Black Beans<br>Spinach Salad<br>Fresh Orange<br>Milk<br>Italian Salad Dressing         | 17<br><b>St Patrick's Day Meal</b><br>Corned Beef<br>Whole Wheat Bread<br>Red Potatoes<br>Cabbage & Carrots<br>Fresh Seasonal Fruit<br>Milk<br>Margarine | 18<br>Chef's Choice<br>(grain)<br>(vegetable)<br>100% Juice<br>Milk  |
| 20<br>Orange Glazed Chicken<br>Cilantro Brown Rice<br>Broccoli<br>Curried Cauliflower Soup<br>Fresh Pear<br>Milk   | 21<br>Creamy Gravy w/ Beef & Turkey<br>over Garlic Mashed Potatoes<br>Whole Wheat Bread<br>Carrots<br>Fresh Seasonal Fruit<br>Milk<br>Margarine  | 22<br>Potato Crusted Fish<br>w/ Lemon<br>Brown Rice Pilaf<br>Broccoli Soup<br>Pineapple Tidbits<br>Milk                      | 23<br>Carne Asada (Beef)<br>Whole Wheat Tortilla<br>Pinto Beans<br>Fresh Orange<br>Milk<br>Shredded Lettuce & Tomatoes                | 24<br>Vegetable Frittata<br>Whole Wheat Bread (2)<br>(Mixed Vegetables in Entrée)<br>Peas & Carrots<br>Fresh Banana<br>Milk<br>Jelly(2)                  | 25<br>Chef's Choice<br>(grain)<br>(vegetable)<br>100% Juice<br>Milk  |
| 27<br>Garlic Chicken<br>Orzo Pasta<br>Cannellini Bean Soup<br>Fresh Orange<br>Milk   | 28<br>Turkey Breast w/ Gravy<br>Whole Grain Breadstick<br>Green Peas<br>Garlic Mashed Potatoes<br>Tossed Salad<br>Milk/ Ranch Salad Dressing     | 29<br>Baja Chicken<br>Cilantro Brown Rice<br>Black Beans<br>Vegetable Soup<br>Fresh Pear<br>Milk                             | 30<br>Broccoli Beef<br>Brown Rice<br>Broccoli & Carrots<br>Lima Beans<br>Fresh Bananas<br>Milk  | 31<br>Baked Fish w/ Sesame Sauce<br>Asian Brown Rice<br>Cabbage<br>Spinach Salad<br>Milk/ 100% Cranberry Sauce<br>Ranch Salad Dressing                   |  |
| <p>This Program is partially funded by City &amp; County of SF Dept of Disability and Aging Services and is available to individuals 60 years and older.</p> |  |  |   |  |  |