



30th Street Senior Center

July 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



SAN FRANCISCO HUMAN SERVICES AGENCY
 Department of Disability
 and Aging Services

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2

3

4

5

6

Cilantro Lime Tilapia Fish
 Corn w/ Bell Peppers
 California Vegetable Soup
 Brown Rice
 Fresh Pear
 Milk

Vegetarian Southwest Spicy
 Pasta
 Green Beans w/ Bell Peppers
 Mixed Vegetable Blend
 (Whole Grain Pasta in entrée)
 Fresh Apple
 Milk

Chicken Fried Brown Rice
 Whole Kernel Corn
 Kale Soup
 (Brown Rice in entrée)
 Fresh Orange
 Milk

Independence Day Meal
 Turkey Frank w/Chili
 Whole Wheat Hot Dog Bun
 Tater Gems
 Mixed Fruit
 Milk
 Sugar Cookie
 Ketchup

Chicken Supreme
 California Vegetable Blend
 Tossed Salad w/ Dressing
 Whole Wheat Bread
 Fresh Orange
 Milk
 Margarine

Beef & Vegetable Soup with
 Parsley Garnish
 Spinach Salad
 Whole Grain Penne Pasta
 Mixed Fruit
 Milk
 Salad Dressing

8

9

10

11

12

13

Moroccan Lemon Chicken
 Green Beans
 Lentil & Garbanzo Bean Soup
 Brown Rice Pilaf
 Fresh Orange
 Milk

Beef Tips w/ Gravy
 Garlic Whipped Potatoes
 Carrots
 Spinach Salad
 Whole Wheat Bread
 Fresh Pear
 Milk
 Italian Salad Dressing

Mediterranean Potato Crusted
 Pollock
 Cauliflower
 Broccoli Cream Soup
 Brown Rice Pilaf
 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 with
 Cilantro Garnish
 Tossed Salad
 Whole Grain Tortilla Chips
 Fresh Orange
 Milk
 Ranch Salad Dressing

15

16

17

18

19

20

Alfredo Basil Fish
 Capri Vegetable Blend
 Cannellini Bean Soup
 Orzo Pasta
 Fresh Orange
 Milk

Turkey Breast w/ Gravy
 Mashed Potatoes
 Green Beans w/ Corn
 Whole Wheat Roll
 Pineapple Tidbits
 Milk
 Margarine

Pork Carnitas with Salsa Verde
 Pinto Beans
 Vegetable Soup
 Spanish Brown Rice
 100% Orange Juice
 Milk

Broccoli Beef w/ Edamame
 Carrots and Lima Beans
 Spinach Salad
 Brown Rice
 Fresh Orange
 Milk
 Ranch Dressing

Chicken Char Siu
 Japanese Vegetable Blend
 Whole Grain Garlic Noodles
 Fresh Apple
 Milk

Beef Barley Soup with Parsley
 Garnish
 Tossed Salad
 Whole Wheat Bread
 Mixed Fruit
 Milk
 Italian Salad Dressing
 Margarine

22

23

24

25

26

27

Pork w/ Tarragon Sauce
 Country Vegetable Blend
 Kale Soup
 Seasoned Whole Grain Pasta
 Fresh Orange
 Milk

Herb Glazed Beef Roast
 Garlic Whipped Potatoes
 Brussels Sprouts
 Whole Wheat Bread
 Fresh Banana
 Milk
 Margarine

Tilapia Fish Vera Cruz
 Spinach
 Black Bean Soup
 Brown Rice
 Fresh Orange
 Milk

Pork Stir Fry
 Green Peas w/ Red Peppers
 Carrot Cucumber Salad
 Cilantro Brown Rice
 Fresh Apple
 Milk

Oven Fried Chicken
 Parmesan Potatoes
 Broccoli
 Tossed Salad
 Whole Wheat Roll
 Fresh Orange
 Milk
 Margarine
 Italian Dressing

Chicken Vegetable Soup with
 Scallion Garnish
 Spinach Salad
 Whole Wheat Roll
 Fresh Orange
 Milk
 Ranch Salad Dressing
 Margarine

29

30

31

Sesame Ginger Pork
 Broccoli
 Carrot Soup
 Whole Grain Garlic Noodles
 Fresh Pear
 Milk

Braised Beef w/ Mushrooms
 Mixed Vegetable Blend
 Spinach Salad
 Whole Grain Noodles
 Fresh Orange
 Milk
 Italian Salad Dressing

Tomatillo Chicken Thigh
 Pinto Beans
 Corn Chowder Soup
 Brown Rice
 Fresh Orange
 Milk



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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.

= >1000 mg sodium