



## 30th Street Senior Center

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	Pesto Tortellini Pasta w/ Cannellini Beans Mixed Vegetable Blend Whole Wheat Bread Fresh Orange Milk Margarine	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Fresh Orange Milk	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk	Independence Day Meal Turkey Frank w/ Chili Whole Wheat Hot Dog Bun Tater Gems Mixed Fruit Milk Sugar Cookie Ketchup	Beef & Vegetable Soup w/ Parsley Garnish Spinach Salad Whole Grain Penne Pasta Fresh Orange Milk Salad Dressing
7	8	9	10	11	12
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 Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk	Chicken Tortilla Soup w/ Cilantro Garnish Spring Mix Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing
14	15	16	17	18	19
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 w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	Broccoli Beef w/ Edamame Corn, Carrots & Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk	Beef Barley Soup w/ Parsley Garnish Spring Mix Salad Whole Wheat Bread Fresh Orange Milk Italian Salad Dressing Margarine
21	22	23	24	25	26
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 Mixed Vegetable Blend 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 Whole Wheat Roll Fresh Orange Milk Margarine	Chicken Vegetable Soup w/ Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
28	29	30	31		
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Noodles Fresh Orange Milk	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	
				 TRIO Community Meals an elior company	
				 Indicates a meal has >1000mg sodium.	