



30th Street Senior Center

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>			 <p>TRIO Community Meals an elior company</p>		<p>1 Vegetable Frittata Whole Wheat Bread (2) (Mixed Vegetables in Entrée) Succotash Fresh Banana Milk Jelly (2)</p>	<p>2 Mongolian Chicken Brown Rice Whole Kernel Corn California Vegetable Blend Fresh Pear Milk</p>
<p>4 Tuscan Meatballs Orzo Pasta Cannellini Bean Soup Fresh Orange Milk</p>	<p>5 Turkey Breast w/ Gravy Whole Wheat Roll Mashed Potatoes Green Beans w/Corn Fresh Seasonal Fruit Milk Margarine</p>	<p>6 Pork Carnitas Spanish Brown Rice Pinto Beans Vegetable Soup Cranberry Juice Milk Taco Sauce</p>	<p>7 Broccoli Beef Brown Rice Carrots Lima Beans Mixed Fruit Milk</p>	<p>8 Chicken Char Siu Whole Grain Garlic Noodles Japanese Vegetable Blend Fresh Seasonal Fruit Milk</p>	<p>9 Baked Tilapia Fish w/Sesame Sauce Brown Rice Cabbage Carrot Raisin Salad Fresh Seasonal Fruit Milk</p>	
<p>11 Tilapia Fish Vera Cruz Brown Rice Black Bean Soup Applesauce Milk</p>	<p>12 Herb Glazed Beef Roast Whole Wheat Bread Garlic Mashed Potatoes French Green Beans Fresh Seasonal Fruit Milk Margarine</p>	<p>13 Cider Braised Pork Seasoned Whole Grain Pasta Country Vegetable Blend Kale Soup Fresh Pear Milk</p>	<p>14 Oven Fried Chicken Whole Wheat Roll Broccoli Parmesan Potatoes Fresh Seasonal Fruit Milk Margarine</p>	<p>15 Beef Lo Mein (WG Garlic Noodles in Entrée) Mixed Vegetable Blend Tropical Fruit Milk</p>	<p>16 Pork Stir Fry Cilantro Brown Rice Green Peas w/ Red Peppers Carrot Cucumber Salad Pineapple Tidbits Milk</p>	
<p>18 Sesame Ginger Pork Whole Grain Garlic Noodles Broccoli Carrot Soup Pineapple Tidbits Milk</p>	<p>19 Braised Beef w/ Mushrooms Brown Rice Mixed Vegetables Mixed Fruit Milk</p>	<p>20 Christmas Meal Beef Tips w/Mushroom Gravy Whole Wheat Dinner Roll Garlic Mashed Potatoes Carrots Fresh Seasonal Fruit Sugar Cookie Milk Margarine</p>	<p>21 Tuna Croquette w/Lemon Herb Sauce Brown Rice Lima Beans Broccoli Salad Fresh Seasonal Fruit Milk</p>	<p>22 Bean Burrito Mojado (Whole Wheat Tortilla in Entrée) Whole Kernel Corn Fiesta Vegetable Blend Fresh Seasonal Fruit Milk</p>	<p>23 Chicken Marsala Whole Grain Penne Pasta Italian Vegetable Blend Tropical Fruit Milk</p>	
<p>25 Meatloaf w/ Gravy Whole Wheat Roll Barley Vegetable Soup Fresh Orange Milk Margarine</p> <p>Closed for Holiday</p>	<p>26 Potato Crusted Pollock Fish w/Dill Sauce Brown Rice Green Beans w/ Red Peppers Fresh Pear Milk</p>	<p>27 Ginger Pepper Beef Whole Grain Garlic Noodles Lentil Soup Fresh Seasonal Fruit Cranberry Juice Milk</p>	<p>28 Garden Meatballs w/Honey Ginger Glaze (vegetarian) Brown Rice Spinach Salad Tropical Fruit Milk Italian Salad Dressing</p>	<p>29 Turkey Taco Meat Mexican Brown Rice Yams Fresh Banana Milk</p>	<p>30 Lemongrass Pork Brown Rice California Vegetable Blend Cucumber Salad Fresh Pear Milk</p>	