



30th Street Senior Center

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
Tilapia 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	Spring Celebration Meal Glazed Turkey Ham Whole Wheat Roll/ Margarine Potatoes Au Gratin Baby Carrots Fresh Orange Milk	Chicken Char Siu Whole Grain Garlic Noodles Japanese Vegetable Blend Fresh Seasonal Fruit Milk	Beef Barley Soup Spring Mix Tossed Salad Whole Wheat Bread Mixed Fruit Milk Italian Salad Dressing Margarine
8	9	10	11	12	13
Cider Braised Pork Seasoned Whole Grain Pasta Country Vegetable Blend Kale Soup Fresh Pear Milk	Herb Glazed Beef Roast Garlic Whipped Potatoes French Green Beans Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine	Tilapia Vera Cruz Brown Rice Spinach Black Bean Soup Fresh Apple Milk	Pork Stir Fry Cilantro Brown Rice Green Peas w/ Red Peppers Carrot Cucumber Salad Fresh Pear Milk	Oven Fried Chicken Parmesan Potatoes Broccoli Tossed Salad Whole Wheat Roll Fresh Seasonal Fruit Milk Italian Salad Dressing	Chicken Vegetable Soup Spinach Salad Whole Wheat Roll Fresh Seasonal Fruit Milk Ranch Salad Dressing Margarine
15	16	17	18	19	20
Sesame Ginger Pork Whole Grain Garlic Noodles Broccoli Carrot Soup Fresh Pear Milk	Beef w/ Mushrooms Whole Grain Noodles Mixed Vegetable Blend Spinach Salad Fresh Orange Milk Italian Salad Dressing	Chicken Thigh w/Mole Sauce Brown Rice Pinto Beans Corn Chowder Soup Fresh Orange Milk	Tilapia Fish w/Lemon Herb Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine	Smothered Turkey Meatballs Whole Grain Penne Pasta Brussels Sprouts Fresh Pear Milk	Pork Pozole Stew Spring Mix Tossed Salad Whole Wheat Roll Fresh Seasonal Fruit Milk Italian Salad Dressing Margarine
22	23	24	25	26	27
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 Tossed Salad w/ Dressing Milk	Meatloaf w/ 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 Fresh Pear Milk	Garden Meatballs w/ Honey Ginger Glaze Brown Rice Japanese Vegetable Blend Tropical Fruit Milk	Chicken Corn Chowder Soup Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
29	30	 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>  <p>TRIO Community Meals Nourishment through compassionate care.</p>			
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				

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