





30th Street Senior Center

May 2023

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday/ Frozen meals 6
Orange Glazed Chicken Cilantro Brown Rice Broccoli Curried Cauliflower Soup Fresh Pear Milk	Creamy Gravy w/ Beef & Turkey over Garlic Mashed Potatoes Whole Wheat Bread Carrots Fresh Seasonal Fruit Milk Margarine	Potato Crusted Fish w/ Lemon Brown Rice Pilaf Broccoli Soup Pineapple Tidbits Milk	Vegetable Frittata Whole Wheat Bread (2) (Mixed Vegetables in Entrée) Peas & Carrots Fresh Banana Milk Jelly(2)	Cinco de Mayo Meal Pork Tamale Spanish Brown Rice Broccoli Black Bean & Corn Salad Fresh Seasonal Fruit Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
8	9	10	11	12	13
Garlic Chicken Orzo Pasta Cannellini Bean Soup Fresh Orange Milk	Turkey Breast w/ Gravy Whole Grain Breadstick Green Peas Garlic Mashed Potatoes Tossed Salad Fresh Pear Milk Ranch Salad Dressing	Baja Chicken Cilantro Brown Rice Black Beans Vegetable Soup Fresh Pear Milk	Broccoli Beef Brown Rice Broccoli & Carrots Lima Beans Fresh Banana Milk	Pork Char Siu Whole Grain Garlic Noodles Asian Vegetable Blend Fresh Seasonal Fruit Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
15	16	17	18	19	20
Fish Vera Cruz Brown Rice Black Bean Soup Applesauce Milk	Ancho Chicken Fajita Whole Wheat Tortilla Fiesta Vegetable Blend Spinach Salad Fresh Banana Milk Ranch Salad Dressing	Pork w/ Apple Cranberry Sauce Brown Rice Brussels Sprouts Cabbage Soup Fresh Pear Milk	Lemon Herb Chicken Whole Grain Dinner Roll Garlic Mashed Potatoes Mixed Greens Fresh Seasonal Fruit Milk Margarine	Beef Lo Mein (WG Garlic Noodles in Entrée) Carrots Green Beans Tropical Fruit Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
22 Frozen Meal	23	24	25	26	27
Sesame Ginger Pork Whole Grain Garlic Noodles Broccoli Carrot Soup Fresh Pear Milk	Beef w/ Mushrooms Whole Grain Breadstick Mixed Vegetables Mixed Fruit Milk Margarine	Chicken Thigh w/ Mole Sauce Spanish Brown Rice California Vegetable Blend Corn Fresh Orange Milk	Creole Fish Brown Rice Lima Beans Cauliflower Fresh Seasonal Fruit Milk	Chicken Marsala Whole Grain Penne Pasta Spinach Greens Tropical Fruit Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
29 - Frozen Holiday Meal	30	31	 <p>SAN FRANCISCO HUMAN SERVICES AGENCY <b>Department of Disability and Aging Services</b></p>  <p><b>TRIO</b> Community Meals an elior company</p>		
Ginger Pepper Beef Whole Grain Garlic Noodles Cauliflower Green Peas Fresh Seasonal Fruit Milk	Potato Crusted Fish w/ Dill Sauce Brown Rice Green Beans w/ Red Peppers Fresh Pear Milk	Meatloaf w/ Gravy Whole Grain Dinner Roll Garlic Mashed Potatoes Barley Vegetable Soup Fresh Banana Milk Margarine			