





# 30th Street Senior Center **Novembre 2022**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Frozen
 <b>TRIO</b> Community Meals an elior company	1 Potato Crusted Fish w/ Dill Sauce Brown Rice Green Beans w/ Red Peppers Fresh Pear Milk	2 Meatloaf w/ Gravy Whole Grain Dinner Roll Barley Vegetable Soup Fresh Orange Milk Margarine	3 Chicken Provencale Brown Rice Pilaf Spinach Salad Tropical Fruit Milk Italian Salad Dressing	4 Turkey Taco Whole Grain Corn Tortillas (2) Yams Mixed Fruit Milk Taco Sauce	5 Chef's Choice (grain) (vegetable) 100% Juice Milk
	7 Thai Coconut Curry w/ Turkey Brown Rice Corn w/ Bell Peppers Kale Soup Fresh Seasonal Fruit Milk	8 Chicken Valencia Whole Grain Penne Pasta Brussels Sprouts Fresh Pear Milk	9 Cilantro Lime Fish Long Grain Rice California Vegetable Soup Fresh Seasonal Fruit Milk	10 Beef Ropa Vieja WG Spanish Rice w/ Beans Whole Grain Corn Tortilla Carrots Mixed Fruit Milk	11 Chicken Souvlaki Whole Grain Dinner Roll Roasted Potatoes Tropical Fruit Milk Margarine
14 Orange Glazed Chicken Cilantro Brown Rice Curried Cauliflower Soup Fresh Pear Milk	15 Creamy Gravy w/ Beef & Turkey over Garlic Mashed Potatoes Whole Wheat Bread Carrots Fresh Seasonal Fruit Milk Margarine	16 Potato Crusted Fish w/ Lemon Brown Rice Pilaf Broccoli Soup Pineapple Tidbits Milk	17 Vegetable Frittata Whole Wheat Bread (2) (Mixed Vegetables in Entrée) Peas & Carrots Fresh Banana Milk Jelly(2)	18 Carne Asada (Beef) Whole Grain Corn Tortilla (2) Mixed Vegetables Fresh Orange Milk Shredded Lettuce & Tomatoes	19 Chef's Choice (grain) (vegetable) 100% Juice Milk
21 Garlic Chicken Orzo Pasta Broccoli Fresh Orange Milk	22 Turkey Breast w/ Gravy Whole Wheat Stuffing Green Bean Casserole Tropical Fruit Pumpkin Tart Milk Cranberry Sauce	23 Pork Char Siu Whole Grain Garlic Noodles Asian Vegetable Blend Fresh Seasonal Fruit Milk	24 Frozen Turkey Breast w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Milk Margarine	25 Frozen Baja Chicken Whole Grain Corn Tortilla Rice & Beans Mixed Vegetables Fresh Pear Milk	26 Chef's Choice (grain) (vegetable) 100% Juice Milk
28 Fish Vera Cruz Brown Rice Black Bean Soup Applesauce Milk	29 Ancho Chicken Fajitas Whole Grain Corn Tortilla (2) Peppers & Onions Spinach Salad Fresh Banana Milk Ranch Salad Dressing	30 Pork w/ Apple Cranberry Sauce Brown Rice Cabbage Soup Fresh Pear Milk	 <p><b>SAN FRANCISCO HUMAN SERVICES AGENCY</b>                      Department of Disability                      and Aging Services</p>		