



# 30th Street Senior Center

# April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	Herbed Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine	Oven Fried Chicken Broccoli Parmesan Potatoes Whole Wheat Roll Pineapple Tidbits Milk Margarine	Pork Stiry Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	Tilapia Fish Vera Cruz Mixed Vegetable Blend Brown Rice Fresh Orange Milk	 Chicken Vegetable Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
7	8	9	10	11	12
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 Peas Brown Rice Corn Chowder Soup Fresh Orange Milk	Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk	Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	 Pork Pozole Stew with Cilantro Garnish Tossed Salad  Whole Wheat Roll Fresh Orange Milk Italian Salad Dressing Margarine
14	15	16	17	18	19
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Bell Peppers Brown Rice Pilaf Fresh Pear Milk	Mango BBQ Chicken Mixed Vegetable Blend Barley Vegetable Soup Brown Rice Fresh Orange Milk	Lemongrass Pork Mixed Vegetable Blend Cucumber Salad Brown Rice Fresh Orange Milk	Red Kidney Beans California Vegetable Blend Cajun Brown Rice Fresh Banana Milk	Chicken Corn Chowder Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
21	22	23	24	25	26
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk	Vegetarian Southwest Spicy Pasta Green Beans w/ Bell Peppers Mixed Vegetable Blend WG Pasta (in entrée) Fresh Apple Milk	Chicken Fried Brown Rice Whole Kernel Corn Kale Soup Brown Rice (in entrée) Fresh Orange Milk	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Tropical Fruit Milk	Chicken Supreme California Vegetable Blend Tossed Salad Whole Wheat Bread Fresh Orange Milk Margarine Salad Dressing	 Beef & Vegetable Soup with Parsley Garnish Spinach Salad Whole Grain Penne Pasta Fresh Orange Milk Salad Dressing
28	29	30	 <b>SAN FRANCISCO HUMAN SERVICES AGENCY</b> <b>Department of Disability and Aging Services</b>   Indicates a meal has >1000mg sodium. 		
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Whole Wheat Bread Fresh Pear Milk Jelly	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk			