


225-30th Street, San Francisco, CA 94131 (415) 550-2210

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Cilantro Lime Fish Rice Spinach Assorted Juice Fresh Fruit	3 Coconut Curry Chicken Long Grain Rice Asian Mix Vegetables Sping Greens Salad Fresh Fruit	4 BBQ Beef Garlic Mashed Potatoes Mixed Greens Tossed Salad Fresh Fruit	5 Lemon Herb Fish Rice Pilaf Green Beans Spring Greens Salad Fresh Fruit	6 Vegetarian Chili Cornbread (Tomatoes, Peppers, Corn) Garden Salad Fresh Fruit	7 Chef's Choice Assorted Juice Fresh Fruit
9 Mexican Beef Seasoned Pinto Beans Mixed Vegetables Assorted Juice Fresh Fruit	10 Salisbury Steak w/ gravy Mashed Potatoes 5 way Mix Vegetables Garden Salad Fresh Fruit	11 Turkey Breast w/ Mushroom Gravy Rice Pilaf Peas Spring Greens Salad Fresh Fruit	12 Baja Chicken Rice/Beans Mexican Corn Garden Salad Fresh Fruit	13 Broccoli Beef Brown Rice (Broccoli) Tossed Salad Citrus Fruit	14 Chef's Choice Assorted Juice Fresh Fruit
16 Breaded Fish w/ tartar sauce Herbed Rice Italian Mix Vegetables Assorted Juice Fresh Fruit	17 Fish Veracruz Brown Rice Broccoli/ Cauliflower Garden Salad Fresh Fruit	18 Ancho Chicken Fajitas Black Beans Peppers & Onions Tossed Salad Flour Tortilla Fresh Fruit	19 Pork Loin w/Apple Cranberry Mashed Sweet Potatoes Brussel Sprouts Spring Greens Salad Citrus Fruit	20 Turkey Meatballs w/ gravy Pasta Mixed Vegetables Pineapple Slaw Fresh Fruit	21 Chef's Choice Assorted Juice Fresh Fruit
23 Chicken Pozole (Hominy) Mixed Vegetables Assorted Juice Fresh Fruit	24 Cheese Tortellini w/ Marinara (pasta) Italian Mixed Vegetables Tossed Salad Pear	25 Turkey & Cranberry Sauce Stuffing Sweet Potatoes Green Beans Garden Salad Pumpkin Tart	26 <b>Thanksgiving</b> Turkey & Cranberry Sauce Stuffing Sweet Potatoes Peas Spring Green Salad Pumpkin Tart	27 Chef's Choice Assorted Juice Fresh Fruit	28 Chef's Choice Assorted Juice Fresh Fruit
30 Chicken Mole Mexican Rice Cabbage & Carrots Assorted Juice Fresh Fruit					

# November 2020