



## 30th Street Senior Center

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Italian Salad Dressing	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	Vegetable Frittata Succotash Mixed Vegetables (in Entrée) Whole Wheat Bread Fresh Banana Milk Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk	Chicken Tortilla Soup w/ Cilantro Garnish Spring Mix Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing
9	10	11	12	13	14
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Fresh Orange Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk Margarine	Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	Broccoli Beef w/ Edamame Corn, Carrots & Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk	Beef Barley Soup w/ Parsley Garnish Spring Mix Salad Whole Wheat Bread Fresh Orange Milk Italian Salad Dressing Margarine
16	17	18	19	20	21
Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk	Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine	Tilapia Fish Vera Cruz Mixed Vegetable Blend Brown Rice Fresh Orange Milk	Pork Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	Oven Fried Chicken Parmesan Potatoes Broccoli Whole Wheat Roll Fresh Orange Milk Margarine	Chicken Vegetable Soup w/ Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
23	24	25	26	27	28
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 Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk	Pork Pozole Stew w/ Cilantro Garnish Tossed Salad Whole Wheat Roll Fresh Orange Milk Italian Salad Dressing Margarine
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Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	<div>  <div> SAN FRANCISCO HUMAN SERVICES AGENCY  <b>Department of Disability and Aging Services</b> </div>  </div> <p>Indicates a meal has &gt;1000mg sodium.</p>				

This Program is partially funded by City &amp; County of SF Dept of Disability and Aging Services and is available to individuals 60 years and older.