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30th Street Senior Center

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
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 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services 				Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk
4	5	6	7	8
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Tilapia Fish w/ Dill Sauce Green Beans w/Red 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 Tossed Salad Brown Rice Fresh Orange Milk Italian Salad Dressing	Red Kidney Beans California Vegetable Blend Cajun Brown Rice Pineapple Tidbits Milk
11	12	13	14	15
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk	Pesto Tortellini Pasta w/ Cannellini Beans Mixed Vegetable Blend Whole Wheat Bread Fresh Orange Milk Margarine	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Fresh Orange Milk	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk	Chicken Fried Brown Rice California Vegetable Blend Tossed Salad Brown Rice (in entrée) Fresh Orange Milk Salad Dressing
18	19	20	21	22
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 (2) Fresh Banana Milk Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk
25	26	27	28	29
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Fresh Orange Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Vegetable Soup Whole Wheat Roll Pineapple Tidbits Milk Margarine	Pork Carnitas w/ Salsa Verde Pinto Beans Spanish Brown Rice 100% Orange Juice Milk	Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk

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