



30th Street Senior Center

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Hot Meals
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services				1 Chicken Supreme Whole Wheat Roll Roasted Potatoes Mixed Fruit Milk Margarine	2 Chicken Valencia Whole Grain Penne Pasta Broccoli Fresh Pear Milk
4 Frozen Meal <i>Labor Day Meal</i> Hamburger Patty Lettuce & Tomato Whole Wheat Hamburger Bun Tater Gems Carrots Fresh Orange Fig Newton Cookies Milk Ketchup	5 Moroccan Lemon Chicken Brown Rice Pilaf Lentil & Garbanzo Bean Soup Mixed Fruit Milk	6 Potato Crusted Pollock Fish w/Dill Sauce Brown Rice Pilaf Broccoli Cream Soup Fresh Orange Milk	7 Carne Asada (Beef) Whole Wheat Tortilla Mixed Vegetable Blend Tropical Fruit Milk Shredded Lettuce & Tomatoes	8 Vegetable Frittata Whole Wheat Bread (2) (Mixed Vegetables in Entrée) Succotash Fresh Banana Milk Jelly (2)	9 Mongolian Chicken Brown Rice Whole Kernel Corn California Vegetable Blend Fresh Pear Milk
11 Tuscan Meatballs Orzo Pasta Cannellini Bean Soup Fresh Orange Milk	12 Turkey Breast w/ Gravy Whole Wheat Roll Mashed Potatoes Green Beans w/Corn Fresh Seasonal Fruit Milk Margarine	13 Pork Carnitas Spanish Brown Rice Pinto Beans Vegetable Soup Cranberry Juice Milk Taco Sauce	14 Broccoli Beef Brown Rice Carrots Lima Beans Mixed Fruit Milk	15 Chicken Char Siu Whole Grain Garlic Noodles Japanese Vegetable Blend Fresh Seasonal Fruit Milk	16 Baked Tilapia Fish w/Sesame Sauce Brown Rice Cabbage Carrot Raisin Salad Fresh Seasonal Fruit Milk
18 Tilapia Fish Vera Cruz Brown Rice Black Bean Soup Applesauce Milk	19 Herb Glazed Beef Roast Whole Wheat Bread Garlic Mashed Potatoes French Green Beans Fresh Seasonal Fruit Milk Margarine	20 Cider Braised Pork Seasoned Whole Grain Pasta Country Vegetable Blend Kale Soup Fresh Pear Milk	21 Oven Fried Chicken Whole Wheat Roll Broccoli Parmesan Potatoes Fresh Seasonal Fruit Milk Margarine	22 Beef Lo Mein (WG Garlic Noodles in Entrée) Mixed Vegetable Blend Tropical Fruit Milk	23 Pork Stir Fry Cilantro Brown Rice Green Peas w/ Red Peppers Carrot Cucumber Salad Pineapple Tidbits Milk
25 Sesame Ginger Pork Whole Grain Garlic Noodles Broccoli Carrot Soup Pineapple Tidbits Milk	26 Braised Beef w/ Mushrooms Brown Rice Mixed Vegetables Mixed Fruit Milk	27 <i>Latin Heritage Meal</i> Chicken Thigh w/ Mole Sauce Tortilla Chips Pinto Beans Mexican Corn Fresh Orange Churro Milk	28 Tuna Croquette w/Lemon Herb Sauce Brown Rice Lima Beans Broccoli Salad Fresh Seasonal Fruit Milk	29 Bean Burrito Mojado (Whole Wheat Tortilla in Entrée) Whole Kernel Corn Fiesta Vegetable Blend Fresh Seasonal Fruit Milk	30 Chicken Marsala Whole Grain Penne Pasta Italian Vegetable Blend Tropical Fruit Milk