



30th Street Senior Center

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
					<p>1</p> <p>Tilapia Fish w/ Lemon Herb Sauce Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine</p>	<p>2</p> <p>Smothered Turkey Meatballs Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk</p>	<p>3</p> <p>Pork Pozole Stew with Cilantro Garnish Tossed Salad Whole Wheat Roll & Margarine Mixed Fruit Milk Italian Salad Dressing</p>
					<p>5</p> <p>Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk</p>	<p>6</p> <p>Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Pear Milk</p>	<p>7</p> <p>Turkey Patty w/ Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Multi Grain Bread Fresh Apple Milk Margarine</p>
<p>12</p> <p>Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk</p>	<p>13</p> <p>Vegetarian Southwest Spicy Pasta Green Beans w/ Bell Peppers Mixed Vegetable Blend (Whole Grain Pasta in entrée) Fresh Apple Milk</p>	<p>14</p> <p>Chicken Fried Brown Rice Whole Kernel Corn Kale Soup (Brown Rice in entrée) Fresh Orange Milk</p>	<p>15</p> <p>Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Tropical Fruit Milk</p>	<p>16</p> <p>Chicken Supreme California Vegetable Blend Tossed Salad w/ Dressing Whole Wheat Bread Fresh Orange Milk Margarine</p>	<p>17</p> <p>Beef & Vegetable Soup with Parsley Garnish Spinach Salad Whole Grain Penne Pasta Mixed Fruit Milk Salad Dressing</p>		
<p>19</p> <p>Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk</p>	<p>20</p> <p>Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Italian Salad Dressing</p>	<p>21</p> <p>Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk</p>	<p>22</p> <p>Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Assorted Jelly</p>	<p>23</p> <p>Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk</p>	<p>24</p> <p>Chicken Tortilla Soup with Cilantro Garnish Tossed Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing</p>		
<p>26</p> <p>Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Fresh Orange Milk</p>	<p>27</p> <p>Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk</p>	<p>28</p> <p>Pork Carnitas with Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk</p>	<p>29</p> <p>Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing</p>	<p>30</p> <p>Chicken Char Siu Japanese Vegetable Blend Whole Grain Garlic Noodles Fresh Apple Milk</p>	<p>31</p> <p>Beef Barley Soup with Parsley Garnish Tossed Salad Whole Wheat Bread Mixed Fruit Milk Italian Salad Dressing Margarine</p>		