





30th Street Senior Center

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Frozen
					1
					Vegetarian Chili Cornbread Mixed Greens Fresh Orange Milk
3	4	5	6	7	8
Orange Glazed Chicken Cilantro Brown Rice Curried Cauliflower Soup Fresh Pear Milk	Creamy Gravy w/ Beef & Turkey over Garlic Mashed Potatoes Whole Wheat Bread Carrots Fresh Seasonal Fruit Milk Margarine	Potato Crusted Fish w/ Lemon Brown Rice Pilaf Broccoli Soup Pineapple Tidbits Milk	Vegetable Frittata Whole Wheat Bread (2) (Mixed Vegetables in Entrée) Peas & Carrots Fresh Banana Milk Jelly(2)	Carne Asada (Beef) Whole Grain Corn Tortilla (2) Mixed Vegetables Fresh Orange Milk Shredded Lettuce & Tomatoes	Coconut Curry Chicken Long Grain Rice Green Beans Mixed Fruit Milk
10	11	12	13	14	15
Garlic Chicken Orzo Pasta Cannellini Bean Soup Fresh Orange Milk	Turkey Breast w/ Gravy Whole Wheat Bread Green Peas Tossed Salad Tropical Fruit Milk Ranch Salad Dressing Margarine	Baja Chicken Whole Grain Corn Tortilla Rice & Beans Vegetable Soup Fresh Pear Milk	Broccoli Beef Brown Rice Broccoli & Carrots Lima Beans Pineapple Tidbits Milk	Pork Char Siu Whole Grain Garlic Noodles Asian Vegetable Blend Fresh Seasonal Fruit Milk	Baked Fish w/ Sesame Sauce Long Grain Rice Carrot Raisin Salad 100% Cranberry Juice Milk
17	18	19	20	21	22
Fish Vera Cruz Brown Rice Black Bean Soup Applesauce Milk	Ancho Chicken Fajitas Whole Grain Corn Tortilla (2) Peppers & Onions Spinach Salad Fresh Banana Milk Ranch Salad Dressing	Pork w/ Apple Cranberry Sauce Brown Rice Cabbage Soup Fresh Pear Milk	Lemon Herb Chicken Whole Grain Dinner Roll Garlic Mashed Potatoes Mixed Greens Fresh Seasonal Fruit Milk Margarine	Beef Lo Mein (WG Garlic Noodles in Entrée) Mixed Vegetables Tropical Fruit Milk	Pork Stir Fry Cilantro Brown Rice Green Peas w/ Red Peppers Cucumber Carrot Salad Pineapple Tidbits Milk
24	25	26	27	28	29
Sesame Ginger Pork Whole Grain Garlic Noodles Broccoli Carrot Soup Pineapple Tidbits Milk	Beef w/ Mushrooms Brown Rice Mixed Vegetables Mixed Fruit Milk	Chicken Thigh w/ Mole Sauce Whole Grain Corn Tortilla Pinto Beans Corn Chowder Fresh Orange Milk	Creole Fish Brown Rice Lima Beans Broccoli Raisin Salad Fresh Seasonal Fruit Milk	Chicken Marsala Whole Grain Penne Pasta Spinach Greens Tropical Fruit Milk	Bean Burrito Mojado (Whole Wheat Tortilla in Entrée) Broccoli Carrots 100% Apple Juice Milk
31					
Ginger Pepper Beef Whole Grain Garlic Noodles Lentil Soup Mixed Fruit Halloween Cookie Milk		 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services			

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.