



30th Street Senior Center

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	 TRIO Community Meals an elior company	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
6	7	8	9	10
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 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
13	14	15	16	17
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 Black Bean Soup 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
20	21	22	23	24
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
27	28	29	30	31
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	Red Kidney Beans California Vegetable Blend Barley Vegetable Soup Cajun Brown Rice Fresh Banana Milk	Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Fresh Orange Milk Italian Salad Dressing	Mango BBQ Chicken Mixed Vegetable Blend Brown Rice Fresh Orange Milk Halloween Cookie

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.

