





30th Street Senior Center

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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
8	9	10	11	12
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
15	16	17	18	19
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
22	23	24	25	26
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Christmas Meal Glazed Ham Baked Sweet Potato Broccoli w/ Red Peppers Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine Oatmeal Raisin Cookie	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	Closed for Christmas Day	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk
29	30	31		
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	<div><div>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</div></div> <div><div>TRIO Community Meals an elior company</div></div>	

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.

