





30th Street Senior Center

January 2023

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday/ Frozen 7
Garlic Chicken Orzo Pasta Broccoli Fresh Orange Milk	Turkey Breast w/ Gravy Whole Grain Breadstick Green Peas Garlic Mashed Potatoes Fresh Pear Milk	<b>New Year's Meal</b> Pork w/ Apple Cranberry Sauce Wild Rice Garlic Butter Vegetables Fresh Seasonal Fruit Tapioca Pudding Milk	Broccoli Beef Brown Rice Broccoli & Carrots Lima Beans Fresh Banana Milk	Pork Char Siu Whole Grain Garlic Noodles Asian Vegetable Blend Fresh Seasonal Fruit Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
9	10	11	12	13	14/ Frozen
Fish Vera Cruz Brown Rice Black Bean Soup Applesauce Milk	Ancho Chicken Fajita Whole Wheat Tortilla Fiesta Vegetable Blend Cabbage Soup Fresh Banana Milk Ranch Salad Dressing	Pork w/ Apple Cranberry Sauce Brown Rice Brussels Sprouts Spinach Salad 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) Carrots Green Beans Tropical Fruit Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
16/ Frozen	17	18	19	20	21/ Frozen
Sesame Ginger Pork Whole Grain Garlic Noodles Broccoli Carrots Fresh Pear Milk	Beef w/ Mushrooms Whole Grain Breadstick Mixed Vegetables Mixed Fruit Milk Margarine	Chicken Thigh w/ Mole Sauce Spanish Brown Rice California Vegetable Blend Corn Chowder Fresh Orange Milk	Creole Fish Brown Rice Lima Beans Tossed Salad w/ Bell Pepper Fresh Seasonal Fruit Milk Italian Salad Dressing	Chicken Marsala Whole Grain Penne Pasta Spinach Greens Tropical Fruit Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
23	24	25	26	27	28/ Frozen
Ginger Pepper Beef Whole Grain Garlic Noodles Cauliflower Lentil Soup Fresh Seasonal Fruit Milk	Potato Crusted Fish w/ Dill Sauce Brown Rice Green Beans w/ Red Peppers Fresh Pear Milk	Meatloaf w/ Gravy Whole Grain Dinner Roll Garlic Mashed Potatoes Barley Vegetable Soup Fresh Banana Milk Margarine	Chicken Provencale Brown Rice Pilaf Corn Spinach Salad Fresh Orange Milk Italian Salad Dressing	Turkey Taco Whole Wheat Tortilla Yams Tropical Fruit Milk Taco Sauce	Chef's Choice (grain) (vegetable) 100% Juice Milk
30	31	  <p>SAN FRANCISCO HUMAN SERVICES AGENCY <b>Department of Disability and Aging Services</b></p>			
Cilantro Lime Fish Long Grain Rice California Vegetable Soup Fresh Seasonal Fruit Milk	Chicken Souvlaki Whole Grain Dinner Roll Roasted Potatoes Tropical Fruit Milk Margarine				