



30th Street Senior Center

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Hot Meals
2	3	4	5	6	7
Meatloaf w/ Gravy Whole Wheat Roll Barley Vegetable Soup Fresh Orange Milk Margarine	Potato Crusted Pollock Fish w/Dill Sauce Brown Rice Green Beans w/ Red Peppers Fresh Banana Milk	Ginger Pepper Beef Whole Grain Garlic Noodles Lentil Soup Fresh Seasonal Fruit Cranberry Juice Milk	Garden Meatballs w/Honey Ginger Glaze (vegetarian) Brown Rice Spinach Salad Tropical Fruit Milk Italian Salad Dressing	Turkey Taco Meat Mexican Brown Rice Yams Mixed Fruit Milk	Lemongrass Pork Brown Rice California Vegetable Blend Cucumber Salad Fresh Pear Milk
9	10	11	12	13	14
Thai Coconut Curry w/ Turkey Brown Rice Corn w/ Bell Peppers Kale Soup Fresh Seasonal Fruit Milk	Vegetarian Chili Whole Wheat Roll Mixed Greens Fresh Orange Milk Margarine	Cilantro Lime Tilapia Fish Brown Rice California Vegetable Soup Fresh Seasonal Fruit Milk	Beef Ropa Vieja Spanish Rice w/Beans Carrots Tropical Fruit Milk	Chicken Supreme Whole Wheat Roll Roasted Potatoes Mixed Fruit Milk Margarine	Chicken Valencia Whole Grain Penne Pasta Broccoli Fresh Pear Milk
16	17	18	19	20	21
Salisbury Steak w/Au Jus Gravy Whole Wheat Bread Garlic Mashed Potatoes Carrots Fresh Seasonal Fruit Milk Margarine	Moroccan Lemon Chicken Brown Rice Pilaf Lentil & Garbanzo Bean Soup Mixed Fruit Milk	Potato Crusted Pollock Fish w/Dill Sauce Brown Rice Pilaf Broccoli Cream Soup Fresh Orange Milk	Carne Asada (Beef) Whole Wheat Tortilla Mixed Vegetable Blend Tropical Fruit Milk Shredded Lettuce & Tomatoes	Vegetable Frittata Whole Wheat Bread (2) (Mixed Vegetables in Entrée) Succotash Fresh Banana Milk Assorted Jelly (2)	Mongolian Chicken Brown Rice Whole Kernel Corn California Vegetable Blend Fresh Pear Milk
23	24	25	26	27	28
Tuscan Meatballs Orzo Pasta Cannellini Bean Soup Fresh Orange Milk	Turkey Breast w/ Gravy Whole Wheat Roll Mashed Potatoes Green Beans w/Corn Fresh Seasonal Fruit Milk Margarine	Pork Carnitas Spanish Brown Rice Pinto Beans Vegetable Soup Cranberry Juice Milk Taco Sauce	Broccoli Beef Brown Rice Carrots Lima Beans Mixed Fruit Milk	Chicken Char Siu Whole Grain Garlic Noodles Japanese Vegetable Blend Fresh Seasonal Fruit Milk	Baked Tilapia Fish w/Sesame Sauce Brown Rice Cabbage Carrot Raisin Salad Fresh Seasonal Fruit Milk
30	31				
Tilapia Fish Vera Cruz Brown Rice Black Bean Soup Applesauce Milk	Herb Glazed Beef Roast Whole Wheat Bread Garlic Mashed Potatoes French Green Beans Fresh Seasonal Fruit Halloween Cookie Milk Margarine				



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

