



30th Street Senior Center

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4
	New Year's Eve Meal Seafood Paella (Rice in entrée) Mixed Vegetable Blend Tossed Salad Fresh Seasonal Fruit Milk Salad Dressing Chocolate Chip Cookie	New Year's Day Meal Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice Orange Juice Milk Cheesecake w/ Fruit Topping	Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	Chicken Char Siu Japanese Vegetable Blend Whole Grain Garlic Noodles Fresh Apple Milk	Beef Barley Soup with Parsley Garnish Tossed Salad Whole Wheat Bread Mixed Fruit Milk Italian Salad Dressing Margarine
6	7	8	9	10	11
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	Chicken Vegetable Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
13	14	15	16	17	18
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 Corn Chowder Soup	Tomatillo Chicken Thigh Pinto Beans Brown Rice Fresh Orange Milk	Tilapia Fish w/ Lemon Herb California Vegetable Blend Orzo Pasta Fresh Banana Milk	Turkey Meatballs w/ Marinara Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk	Pork Pozole Stew with Cilantro Garnish Tossed Salad Whole Wheat Roll Fresh Orange Milk Italian Salad Dressing Margarine
20	21	22	23	24	25
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	Chicken Corn Chowder Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
27	28	29	30	31	
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	 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services  TRIO Community Meals an elior company