



on LOK[®]
where seniors embrace life

30th Street Senior Center

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>			<p>1</p> <p>Broccoli Beef w/ Edamame Corn, Carrots & Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing</p>	<p>2</p> <p>Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk</p>	<p>3</p> <p>Beef Barley Soup w/ Parsley Garnish Spring Mix Salad Whole Wheat Bread Fresh Orange Milk Italian Salad Dressing Margarine</p>
 Indicates a meal has >1000mg sodium.					
<p>5</p> <p>Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk</p>	<p>6</p> <p>Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine</p>	<p>7</p> <p>Tilapia Fish Vera Cruz Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk</p>	<p>8</p> <p>Pork Stir Fry Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk</p>	<p>9</p> <p>Oven Fried Chicken Parmesan Potatoes Broccoli Whole Wheat Roll Fresh Orange Milk Margarine</p>	<p>10</p> <p>Chicken Vegetable Soup w/ Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine</p>
<p>12</p> <p>Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk</p>	<p>13</p> <p>Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Noodles Fresh Orange Milk</p>	<p>14</p> <p>Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk</p>	<p>15</p> <p>Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk</p>	<p>16</p> <p>Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk</p>	<p>17</p> <p>Pork Pozole Stew w/ Cilantro Garnish Tossed Salad Whole Wheat Roll Fresh Orange Milk Italian Salad Dressing Margarine</p>
<p>19</p> <p>Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk</p>	<p>20</p> <p>Tilapia Fish w/ Dill Sauce Green Beans w/ Red Bell Peppers Brown Rice Pilaf Fresh Pear Milk</p>	<p>21</p> <p>Mango BBQ Chicken Mixed Vegetable Blend Brown Rice Fresh Orange Milk</p>	<p>22</p> <p>Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Fresh Orange Milk Salad Dressing</p>	<p>23</p> <p>Red Kidney Beans California Vegetable Blend Cajun Brown Rice Pineapple Tidbits Milk</p>	<p>24</p> <p>Chicken Corn Chowder Soup w/ Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine</p>
<p>26</p> <p>Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk</p>	<p>27</p> <p>Pesto Tortellini Pasta w. Cannellini Beans Mixed Vegetable Blend Whole Wheat Bread Fresh Orange Milk Margarine</p>	<p>28</p> <p>Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Fresh Orange Milk</p>	<p>29</p> <p>Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk</p>	<p>30</p> <p>Chicken Fried Brown Rice California Vegetable Blend Tossed Salad Brown Rice (in entrée) Fresh Orange Milk Salad Dressing</p>	<p>31</p> <p>Beef & Vegetable Soup w/ Parsley Garnish Spinach Salad Whole Grain Penne Pasta Fresh Orange Milk Salad Dressing</p>