



30th Street Senior Center

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Frozen Meals
 			1	2	3
			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
5	6	7	8	9	10
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	Thai Coconut Curry w/ Turkey Brown Rice Corn w/ Bell Peppers Kale Soup Fresh Seasonal Fruit Milk	Beef Ropa Vieja Spanish Brown Rice Black Beans Spinach Salad Fresh Orange Milk Italian Salad Dressing	Chicken Valencia Whole Grain Penne Pasta Brussels Sprouts Fresh Pear Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
12	13	14	15	16	17
Orange Glazed Chicken Cilantro Brown Rice Broccoli Curried Cauliflower Soup Fresh Pear Milk	Creamy Gravy w/ Beef & Turkey over Garlic Mashed Potatoes Whole Wheat Bread Carrots Fresh Seasonal Fruit Milk Margarine	Potato Crusted Fish w/ Lemon Brown Rice Pilaf Broccoli Pineapple Tidbits Milk	Vegetable Frittata Whole Wheat Bread (2) (Mixed Vegetables in Entrée) Peas & Carrots Fresh Banana Milk Jelly(2)	Carne Asada (Beef) Whole Wheat Tortilla Pinto Beans Fresh Orange Milk Shredded Lettuce & Tomatoes	Chef's Choice (grain) (vegetable) 100% Juice Milk
19 - Frozen Holiday Meal	20	21	22	23	24
Garlic Chicken Orzo Pasta Brussels Sprouts Fresh Orange Milk	Broccoli Beef Brown Rice Broccoli & Carrots Lima Beans Fresh Banana Milk	Baja Chicken Cilantro Brown Rice Black Beans Vegetable Soup Fresh Pear Milk	Turkey Breast w/ Gravy Whole Grain Breadstick Green Peas Garlic Mashed Potatoes Tossed Salad Fresh Pear Milk Ranch Salad Dressing	Pork Char Siu Whole Grain Garlic Noodles Asian Vegetable Blend Fresh Seasonal Fruit Milk	Chef's Choice (grain) (vegetable) 100% Juice Milk
26	27	28	29	30	
Fish Vera Cruz Brown Rice Black Bean Soup Applesauce Milk	Ancho Chicken Fajita Whole Wheat Tortilla Fiesta Vegetable Blend Spinach Salad Fresh Banana Milk Ranch Salad Dressing	Pork w/ Apple Cranberry Sauce Brown Rice Brussels Sprouts Cabbage Soup 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

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.