



30th Street Senior Center



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services



June 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Piccata Pork Loin Country Vegetable Blend Kale Soup Seasoned Whl Grn Penne Fresh Orange Milk		Beef Pizza Casserole Parslied Carrots Broccoli & Red Peppers Whole Wheat Bread Fresh Apple Milk Margarine, Parmesan		Vera Cruz Pollock 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		Tandoori Chicken Curried Lentils Mini Garlic Naan Mandarin Oranges Milk	
8		9		10		11		12	
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk		Braised Beef w/ Mushrooms Mixed Vegetables Whole Grain Spaghetti Fresh Orange Milk		Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk		Turkey-Ham & White Beans Broccoli Parslied Brown Rice Fresh Apple Milk		Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	
15		16		17		18		19	
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk		Creole Tilapia Mixed Vegetables Brussels Sprouts Spiced Rice Fresh Pear Milk		Mango BBQ Chicken Mixed Vegetables Barley Vegetable Soup Brown Rice Fresh Orange Milk		Pork Adobo Black Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk		Sites closed	
22		23		24		25		26	
Cilantro Lime Tilapia Fish Brown Rice Corn w/ Peppers California Vegetable Soup Fresh Apple Milk		Vegetarian Kofta Meatballs Mixed Vegetables Lima Beans Whole Wheat Bread Fresh Orange Milk Margarine		Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Pineapple Tidbits Milk		Beef Ropa Vieja Peas & Carrots Cilantro Brown Rice Mixed Fruit Milk		Chicken Chow Mein California Vegetable Blend Tossed Salad w/ Dressing Whl Grn Sesame Noodles Fresh Pear Milk	
29		30							
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk		Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Whole Wheat Bread Fresh Pear Milk Jelly							

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.

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.

Tropical Fruit = pineapple, papaya, guava    Mixed Fruit = peach, pear, mandarin orange    Fruit Cocktail = peach, pear, grapes, pineapple, cherries    \*Non-Whole Grain