



# 30th Street Senior Center

# July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>	 <p>TRIO Community Meals an elior company</p>	<p>Mediterranean Potato Crustrud Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk</p>	<p><i>Independence Day Meal</i> Turkey Frankfurter w/ Chili Tater Gems Mixed Fruit Whole Wheat Hot Dog Bun Milk Sugar Cookie Ketchup</p>	<p>Closed for Independence Day</p>
6	7	8	9	10
<p>Pesto Tilapia Fish Capri Vegetable Blend Tomato Cream Soup *Orzo Pasta Fresh Orange Milk</p>	<p>Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Fresh Apple Milk Margarine</p>	<p>Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk</p>	<p>Beef &amp; Broccoli Stir Fry Carrots &amp; Lima Beans Brown Rice Fresh Apple Milk</p>	<p>Provencale Chicken Potato Wedges California Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine</p>
13	14	15	16	17
<p>Piccata Pork Loin Country Vegetable Blend Kale Soup Seasoned WG Penne Fresh Orange Milk</p>	<p>Beef Pizza Casserole Parslied Carrots Broccoli &amp; Red Peppers Whole Wheat Bread Fresh Apple Milk Margarine, Parmesan</p>	<p>Vera Cruz Pollock Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk</p>	<p>Pork Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk</p>	<p>Tandoori Chicken Curried Lentils *Mini Garlic Naan Mandarin Oranges Milk</p>
20	21	22	23	24
<p>Chicken Terivaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk</p>	<p>Braised Beef w/ Mushrooms Mixed Vegetables Whole Grain Spaghetti Fresh Orange Milk</p>	<p>Tomatillo Chicken Thiah Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk</p>	<p>Turkev-Ham &amp; White Beans Broccoli Parslied Brown Rice Fresh Apple Milk</p>	<p>Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend *Orzo Pasta Fresh Banana Milk</p>
27	28	29	30	31
<p>Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk</p>	<p>Creole Tilapia Mixed Vegetables Brussels Sprouts *Spiced White Rice Fresh Pear Milk</p>	<p>Mango BBQ Chicken Mixed Vegetables Barley Vegetable Soup Brown Rice Fresh Orange Milk</p>	<p>Pork Adobo Black Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk</p>	<p>Tofu Curry Japanese Vegetable Blend Brown Rice Fresh Banana Milk</p>