



30th Street Senior Center **October 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
 			1 Beef Ropa Vieja Green Peas & Carrots Cilantro Brown Rice Mixed Fruit Milk	2 Chicken Tahitian California Vegetable Blend Tossed Salad w/ Dressing WG Sesame Noodles Fresh Pear Milk
5 Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	6 Beef Tips w/ Gravy Cheesy Chive Potatoes Carrots Whole Wheat Bread Fresh Banana Milk	7 Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	8 Pork al Pastor w/ Onion & Cilantro *Spiced White Rice Black Beans Whole Wheat Tortilla Mandarin Oranges Milk	9 Carne Asada (Beef) Mixed Vegetable Blend Diced Potatoes Whole Wheat Tortilla Fresh Orange Milk
12 Turmeric Tilapia Fish Capri Vegetable Blend Tomato Cream Soup *Orzo Pasta Fresh Orange Milk	13 Baked Chicken w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Bread Fresh Apple Milk Margarine	14 Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice Applesauce Milk	15 Beef & Broccoli Stir Fry Carrots & Lima Beans Brown Rice Fresh Apple Milk	16 Provencal Chicken Potato Wedges California Vegetable Blend Whole Wheat Roll Fresh Banana Milk
19 Piccata Pork Loin Country Vegetable Blend Kale Soup Seasoned WG Penne Mandarin Oranges Milk	20 Beef Pizza Casserole Parslied Carrots Broccoli & Red Peppers Whole Wheat Bread Applesauce Milk	21 Salmon Patty w/ Lemon Rosemary Sauce Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk	22 Tofu Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	23 Tandoori Chicken Curried Lentils Cauliflower *Mini Garlic Naan Applesauce Milk
26 Chicken Teriyaki Broccoli Red Pepper Bisque WG Garlic Noodles Fresh Pear Milk	27 Herb Glazed Beef Roast Lemon Garlic Green Beans Whole Grain Spaghetti Mandarin Oranges Milk	28 Tomatillo Chicken Thigh Black Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	29 Beef Stew Broccoli Barley Pilaf Tropical Fruit Milk	30 Tilapia Fish w/ Lemon Herb Sauce Brussel Sprouts *Orzo Pasta Fresh Banana Milk