



30th Street Senior Center

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk	Pesto Tortellini Pasta w/ Cannellini Beans Mixed Vegetable Blend Whole Wheat Bread Fresh Orange Milk Margarine	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Fresh Orange Milk	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk	Chicken Fried Brown Rice California Vegetable Blend Tossed Salad Brown Rice (in entrée) Fresh Orange Milk Salad Dressing
10	11	12	13	14
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Italian Salad Dressing	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	Vegetable Frittata Succotash Mixed Vegetables (in Entrée) Whole Wheat Bread (2) Fresh Banana Milk Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk
17	18	19	20	21
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Fresh Orange Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk Margarine	Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk
24	25	26	27	28
Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk	Thanksgiving Meal Turkey w/ Gravy Whipped Potatoes Green Bean Casserole Whole Grain Roll Cranberry Juice Milk Margarine Glazed Pumpkin Cake	Tilapia Fish Vera Cruz Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk	Closed for Thanksgiving	Closed for Thanksgiving



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services



