







30th Street Senior Center

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>				1	2
				Fish Pollock Parmesan Potatoes Broccoli Tossed Salad Whole Wheat Roll/ Margarine Fresh Seasonal Fruit Milk Italian Salad Dressing	 Chicken Vegetable Soup Spinach Salad Whole Wheat Roll Fresh Seasonal Fruit Milk Ranch Salad Dressing Margarine
4	5	6	7	8	9
Sesame Ginger Pork Whole Grain Garlic Noodles Broccoli Spinach Salad Fresh Pear Milk	Braised Beef w/Mushrooms Whole Grain Noodles Mixed Vegetable Blend Carrot Soup Fresh Orange Milk Italian Salad Dressing	Chicken Thigh w/Mole Sauce Brown Rice Pinto Beans Corn Chowder Soup Mixed Fruit Milk	Smothered Turkey Meatballs Whole Grain Penne Pasta Brussels Sprouts Fresh Pear Milk	Tilapia Fish w/Lemon Herb Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine	Pork Pozole Stew Tossed Salad Whole Wheat Roll Fresh Seasonal Fruit Milk Italian Salad Dressing Margarine
11	12	13	14	15	16
Ginger Pepper Beef Whole Grain Garlic Noodles Carrots Lentil Soup Fresh Orange Milk	Lemongrass Pork Brown Rice California Vegetable Blend Cucumber Salad Tossed Salad Fresh Pear Milk Ranch Salad Dressing	Meatloaf w/Brown Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Whole Wheat Roll Fresh Orange Milk Margarine	St Patrick's Day Meal Corned Beef Whole Wheat Bread Red Potatoes Cabbage & Carrots Fresh Seasonal Fruit Milk Margarine	Tilapia Fish w/Dill Sauce Brown Rice Pilaf Green Beans w/ Red Peppers Fresh Pear Milk	Chicken Corn Chowder Soup Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
18	19	20	21	22	23
Chicken Fried Brown Rice Whole Kernel Corn Kale Soup Fresh Seasonal Fruit Milk	Vegetarian White Bean Chili Whipped Potatoes Mixed Greens Whole Wheat Roll Fresh Apple Milk California Vegetable Soup	Chicken Supreme Brown Rice California Vegetable Blend Tossed Salad Fresh Banana Milk Italian Salad Dressing	Beef Ropa Vieja Spanish Brown Rice Pinto Beans Peas and Carrots Fresh Orange Milk	Cilantro Lime Tilapia Fish Brown Rice Corn w/ Bell Peppers Fresh Pear Milk	 Beef & Vegetable Soup Whole Grain Penne Pasta Spinach Salad Fresh Seasonal Fruit Milk Italian Salad Dressing
25	26	27	28	29	30
Moroccan Lemon Chicken Brown Rice Pilaf Green Beans Lentil & Garbanzo Bean Soup Fresh Orange Milk	Beef Tips w/Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Seasonal Fruit Milk Italian Salad Dressing	Potato Crusted Pollock Fish w/Dill Sauce Brown Rice Pilaf Cauliflower Broccoli Cream Soup Fresh Apple Milk	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Assorted Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk	Chicken Tortilla Soup Tossed Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing