



30th Street Senior Center

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	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 Fresh Banana Milk Assorted Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk	Chicken Tortilla Soup with Cilantro Garnish Tossed Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing
7	8	9	10	11	12
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 with 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 Char Siu Japanese Vegetable Blend Whole Grain Garlic Noodles Fresh Apple Milk	Beef Barley Soup with Parsley Garnish Tossed Salad Whole Wheat Bread Mixed Fruit Milk Italian Salad Dressing Margarine
14	15	16	17	18	19
Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk	Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine	Tilapia Fish Vera Cruz Spinach 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	Oven Fried Chicken Parmesan Potatoes Broccoli Tossed Salad Whole Wheat Roll Fresh Orange Milk Margarine Italian Dressing	Chicken Vegetable Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
21	22	23	24	25	26
Sesame Ginger Pork Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Spinach Salad Whole Grain Noodles Fresh Orange Milk Italian Salad Dressing	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Tilapia Fish w/ Lemon Herb Sauce Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine	Halloween Celebration Chicken w/ Apple Chutney Brussels Sprouts Diced Sweet Potatoes Whole Wheat Roll Mandarin Oranges Milk Oreo Cookies Margarine	Pork Pozole Stew with Cilantro Garnish Tossed Salad Whole Wheat Roll & Margarine Mixed Fruit Milk Italian Salad Dressing
28	29	30	31		
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Pear Milk	Turkey Patty w/ Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Multi Grain Bread Fresh Apple Milk Margarine	Lemongrass Pork California Vegetable Blend Tossed Salad Brown Rice Fresh Banana Milk Italian Salad Dressing		



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**