



30th Street Senior Center

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					Beef & Vegetable Soup with Parsley Garnish Spinach Salad Whole Grain Penne Pasta Fresh Orange Milk Salad Dressing
3	4	5	6	7	8
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 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 Spring Mix Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing
10	11	12	13	14	15
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 Vegetable Soup	Pork Carnitas with Salsa Verde Pinto Beans Spanish Brown Rice 100% Orange Juice Milk	Broccoli Beef w/ Edamame Corn, Carrots, Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	Valentine's Day Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk Strawberry Icecream	Beef Barley Soup with Parsley Garnish Spring Mix Salad Whole Wheat Bread Fresh Orange Milk Italian Salad Dressing Margarine
17	18	19	20	21	22
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 Mixed Vegetable Blend 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 Whole Wheat Roll Fresh Orange Milk Margarine	Chicken Vegetable Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
24	25	26	27	28	 Nourishment through compassionate care.
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Noodles Fresh Orange Milk	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	Turkey Meatballs w/ Marinara Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk	

This Program is partially funded by City & County of SF Dept of Disability and Aging Services and is available to individuals 60 years and older.

indicates meal is >1000mg sodium