



30th Street Senior Center

# November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 				1 Vegetarian Hawaiian Garden Meatballs Vegetables Brown Rice Pineapple Milk	2 Chicken Corn Chowder Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Salad Dressing Margarine
				4 Cilantro Lime Tilapia Fish Corn with Bell Peppers Vegetable Soup Brown Rice Fresh Pear Milk	5 Vegetarian Southwest Spicy Pasta Green Beans with Bell Peppers Vegetables (Whole Grain Pasta in entrée) Fresh Apple Milk
11 Lemon Chicken Green Beans Lentil and Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	12 Beef Tips with Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Salad Dressing	13 Potato Crusted Pollock with Sauce Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	14 Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Jelly	15 Beef Diced Potatoes Vegetables Whole Wheat Tortilla Fresh Orange Milk	16 Chicken Tortilla Soup with Cilantro Garnish Salad Whole Grain Tortilla Chips Fresh Orange Milk Salad Dressing
18 Alfredo Basil Fish Vegetables Cannellini Bean Soup Orzo Pasta Fresh Orange Milk	19 Turkey Breast with Gravy Mashed Potatoes Green Beans with Corn Whole Wheat Roll Pineapple Milk Margarine	20 Pork with Green Salsa Pinto Beans Vegetable Soup Brown Rice with Peppers 100% Orange Juice Milk	21 Broccoli Beef with Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Salad Dressing	22 Chicken Char Siu Vegetables Whole Grain Garlic Noodles Fresh Apple Milk	23 Beef Barley Soup with Parsley Garnish Salad Whole Wheat Bread Fruit Milk Salad Dressing Margarine
25 Pork with Tarragon Sauce Vegetables Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk	26 Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine	27 Fish with Pepper Sauce Spinach Black Bean Soup Brown Rice Fresh Orange Milk	28 Thanksgiving Meal Turkey with Gravy Cranberry Sauce Whole Wheat Bread Dressing Parslied Carrots Green Beans Mandarin Oranges Milk Pumpkin Pie	29 Oven Fried Chicken Parmesan Potatoes Broccoli Salad Whole Wheat Roll Fresh Orange Milk Margarine Salad Dressing	30 Chicken Vegetable Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Salad Dressing Margarine