









30th Street Senior Center

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services		Cilantro Lime Tilapia Fish Brown Rice Corn w/ Bell Peppers California Vegetable Soup Fresh Pear Milk	Beef Ropa Vieja Spanish Brown Rice Pinto Beans Peas and Carrots Fresh Orange Milk	Cinco de Mayo Meal Pork Tamale Cilantro Brown Rice Broccoli Black Bean & Corn Salad Fresh Seasonal Fruit Milk	 Beef & Vegetable Soup Whole Grain Penne Pasta Spinach Salad Fresh Seasonal Fruit Milk Salad Dressing
6	7	8	9	10	11
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 Spring Mix Tossed Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing
13	14	15	16	17	18
Tilapia Fish w/ Creamy Tuscan Sauce Orzo Pasta Capri Vegetable Blend Cannellini Bean Soup Fresh Orange Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/Corn Whole Wheat Roll/ Margarine Pineapple Tidbits Milk	Pork Carnitas Spanish Brown Rice Pinto Beans Vegetable Soup 100% Orange Juice Milk Taco Sauce	Broccoli Beef w/ Edamame Brown Rice Lima Beans Carrots Spinach Salad w/Ranch Dressing Fresh Orange Milk	Chicken Char Siu Whole Grain Garlic Noodles Japanese Vegetable Blend Fresh Seasonal Fruit Milk	 Beef Barley Soup Spring Mix Tossed Salad Whole Wheat Bread Mixed Fruit Milk Italian Salad Dressing Margarine
20	21	22	23	24	25
Cider Braised Pork Seasoned Whole Grain Pasta Country Vegetable Blend Kale Soup Fresh Pear Milk	Tilapia Vera Cruz Brown Rice Spinach Black Bean Soup Fresh Apple Milk	Herb Glazed Beef Roast Garlic Whipped Potatoes French Green Beans Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine	Pork Stir Fry Cilantro Brown Rice Green Peas w/ Red Peppers Carrot Cucumber Salad Fresh Pear Milk	Oven Fried Chicken Parmesan Potatoes Broccoli Tossed Salad w/Salad Dressing Whole Wheat Roll/Margarine Fresh Seasonal Fruit Milk	 Chicken Vegetable Soup Spinach Salad Whole Wheat Roll Fresh Seasonal Fruit Milk Ranch Salad Dressing Margarine
27	28	29	30	31	
Beef w/ Mushrooms Whole Grain Noodles Mixed Vegetable Blend Spinach Salad Fresh Orange Milk Italian Salad Dressing	Sesame Ginger Pork Whole Grain Garlic Noodles Broccoli Carrot Soup Fresh Pear Milk	Chicken Thigh w/Mole Sauce Brown Rice Pinto Beans Corn Chowder Soup Fresh Orange Milk	Tilapia Fish w/Lemon Herb Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine	Smothered Turkey Meatballs Whole Grain Penne Pasta Brussels Sprouts Fresh Pear Milk	 Nourishment through compassionate care.

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