



30th Street Senior Center



**May 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk
4	5	6	7	8
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Creole Tilapia Mixed Vegetables Brussels Sprouts Spiced Rice Fresh Pear Milk	Mango BBQ Chicken Mixed Vegetables Barley Vegetable Soup Brown Rice Fresh Orange Milk	Pork Adobo Black Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk	Tofu Curry Japanese Vegetable Blend Brown Rice Fresh Banana Milk
11	12	13	14	15
Cilantro Lime Tilapia Fish Brown Rice Corn w/ Peppers Tossed Salad w/ Dressing Fresh Apple Milk	Vegetarian Kofta Meatballs Mixed Vegetables Lima Beans Whole Wheat Bread Fresh Orange Milk Margarine	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Pineapple Tidbits Milk	Beef Ropa Vieja Peas & Carrots Cilantro Brown Rice Mixed Fruit Milk	Chicken Chow Mein California Vegetable Blend Tossed Salad w/ Dressing Whl Grn Sesame Noodles Fresh Pear Milk
18	19	20	21	22
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Whole Wheat Bread Fresh Pear Milk Jelly	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	Pork al Pastor Onion & Cilantro Black Beans Whole Wheat Tortilla Mandarin Oranges & Pineapple Tidbits Milk	Carne Asada (Beef) Mixed Vegetables Diced Potatoes Whole Wheat Tortilla Fresh Orange Milk
25	26	27	28	29
Site closed	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Fresh Apple Milk Margarine	Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	Beef & Broccoli Stir Fry Carrots & Lima Beans Brown Rice Fresh Apple Milk	Provencale Chicken Potato Wedges California Vegetable Blend Whole Wheat Roll Fresh Banana 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.

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.

Tropical Fruit = pineapple, papaya, guava    Mixed Fruit = peach, pear, mandarin orange    Fruit Cocktail = peach, pear, grapes, pineapple, cherries    \*Non-Whole Grain