



30th Street Senior Center



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services



**March 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Provencale Chicken Potato Wedges Capri Vegetable Blend Tomato Soup Whole Wheat Roll Fresh Orange Milk	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	Pesto Tilapia Fish Capri Vegetable Blend *Orzo Pasta Fresh Pear Milk
9	10	11	12	13
Piccata Pork Loin Country Vegetable Blend Kale Soup Seasoned Whl Grn Penne Fresh Orange Milk	Beef Pizza Casserole Parslied Carrots Broccoli & Red Peppers Whole Wheat Bread Fresh Apple Milk Margarine, Parmesan	Tandoori Chicken Curried Lentils Curried Cauliflower Soup *Mini Garlic Naan Mandarin Oranges Milk	Pork Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	Vera Cruz Pollock Mixed Vegetable Blend Black Beans Brown Rice Fresh Orange Milk
16	17	18	19	20
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	St. Patrick's Day Meal Corned Beef Roasted Red Potatoes Cabbage & Carrots Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Turkey Chili Broccoli Parslied Brown Rice Fresh Apple Milk	Tilapia Fish with Lemon Herb Sauce California Vegetable Blend *Orzo Pasta Fresh Banana Milk
23	24	25	26	27
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Tofu Curry Japanese Vegetable Blend Brown Rice Fresh Banana 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	Creole Tilapia Mixed Vegetables Brussels Sprouts *Spiced White Rice Fresh Pear Milk
30	31			
Chicken Chow Mein California Vegetable Blend Asian Vegetable Soup Whl Grn Sesame Noodles Fresh Pear Milk	Vegetarian Kofta Meatballs Mixed Vegetables Lima Beans Whole Wheat Bread Fresh Orange Milk Margarine			

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