



30th Street Senior Center



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services



April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Pineapple Tidbits Milk	Beef Ropa Vieja Peas & Carrots Cilantro Brown Rice Mixed Fruit Milk	Cilantro Lime Tilapia Fish Brown Rice Corn w/ Peppers Tossed Salad Fresh Apple Milk Salad Dressing
6	7	8	9	10
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
13	14	15	16	17
Pesto Tilapia Fish Capri Vegetable Blend Tomato Cream Soup Orzo Pasta 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	Provencale Chicken Potato Wedges California Vegetable Blend Whole Wheat Roll Fresh Banana Milk
20	21	22	23	24
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	Vera Cruz Pollock 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	Tandoori Chicken Curried Lentils Mini Garlic Naan Mandarin Oranges Milk
27	28	29	30	
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetables Whole Grain Spaghetti Fresh Orange Milk	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Turkey-Ham & White Beans Broccoli Parslied Brown Rice Fresh Apple 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