





30th Street Senior Center

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
Sesame Ginger Pork Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Spinach Salad Whole Grain Noodles Fresh Orange Milk Italian Salad Dressing	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Tilapia Fish w/ Lemon Herb Sauce Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine	Smothered Turkey Meatballs Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk	Pork Pozole Stew with Cilantro Garnish Tossed Salad Whole Wheat Roll Mixed Fruit Milk Italian Salad Dressing Margarine
9	10	11	12	13	14
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Pear Milk	Turkey Patty w/ Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Multi Grain Bread Fresh Apple Milk Margarine	Lemongrass Pork California Vegetable Blend Tossed Salad Brown Rice Fresh Banana Milk Italian Salad Dressing	Vegetarian Hawaiian Garden Meatballs Japanese Vegetable Blend Brown Rice Pineapple Tidbits Milk	Chicken Corn Chowder Soup with Scallion Garnish Spinach Salad Whole Wheat Roll Fresh Orange Milk Ranch Salad Dressing Margarine
16	17	18	19	20	21
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk	Vegetarian Southwest Spicy Pasta Green Beans w/ Bell Peppers Mixed Vegetable Blend (Whole Grain Pasta in entrée) Fresh Apple Milk	Chicken Fried Brown Rice Whole Kernel Corn Kale Soup (Brown Rice in entrée) Fresh Orange Milk	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Tropical Fruit Milk	Christmas Meal Glazed Ham Whole Wheat Roll Garlic Mashed Potatoes Parslied Carrots Mandarin Oranges Low Fat Milk Sugar Cookie Margarine	Beef & Vegetable Soup with Parsley Garnish Spinach Salad Whole Grain Penne Pasta Mixed Fruit Milk Salad Dressing
23	24	25	26	27	28
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Italian Salad Dressing Apple Pie	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 with Cilantro Garnish Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing
30	31	 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>			
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Fresh Orange Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk Margarine				
 <p>TRIO Community Meals an elior company</p>					