



on LOK
where seniors embrace life

30th Street Senior Center

225-30th Street, San Francisco, CA 94131 (415) 550-2210

Congregate May 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Frozen
2	3	4	5	6	7
LS Salisbury Steak w/ gravy Mashed Potatoes 5 way Mix Vegetables LS Spinach Soup Fresh Fruit	LS Turkey Breast w/ gravy Red Potatoes Peas Spring Greens Salad Fresh Fruit	LS Baja Chicken Rice/Beans Mexican Corn LS Cabbage Soup Orange	LS Broccoli Beef Brown Rice (Broccoli) Tossed Salad Fresh Fruit	Breaded Fish w/ Tartar Sauce Herbed Rice Italian Mix Vegetables Garden Salad Banana	Chef's Choice Assorted Juice Fresh Fruit
9	10	11	12	13	14
LS Fish Veracruz Brown Rice Broccoli/ Cauliflower LS Black Bean Soup Fresh Fruit	LS Ancho Chicken Fajitas Black Beans Peppers & Onions Tossed Salad Flour Tortilla Fresh Fruit	LS Smothered Pork Loin Mashed Potatoes Brussel Sprouts LS Spring Vegetable Soup Orange	LS Thai Turkey Steamed Rice Mixed Vegetables Asian Vegetable Slaw Fresh Fruit	LS Chicken Pozole Hominy Mixed Vegetables Onion/Cabbage/Radish/Cilantro Banana	Chef's Choice Assorted Juice Fresh Fruit
16	17	18	19	20	21
LS Cheese Tortellini w/ Marinara (pasta) Italian Mixed Vegetables LS Minestrone Soup Pear	LS Chicken Mole Mexican Rice Broccoli Garden Salad Fresh Fruit	LS Pot Roast w/ gravy Sweet Potatoes Peas & Onions LS Cream of Celery Soup Orange+	LS Ginger Sesame Fish Steamed Rice Winter Blend Veg Spring Green Salad Fresh Fruit	LS Marsala Chicken Diced Potatoes Spinach Tossed Salad Banana	Chef's Choice Assorted Juice Fresh Fruit
23	24	25	26	27	28
LS Lemon Dill Chicken Roast Potatoes Broccoli LS Tomato Basil Soup Fresh Fruit	LS Meatloaf w/ gravy Scalloped Potatoes Peas & Carrots Butternut Squash Soup Fresh Fruit	Breaded Fish w/ Tartar Sauce Rice Green Beans Caesar Salad Orange	LS Pasta Bolognese Penne Pasta Mixed Greens Tossed Salad Fresh Fruit	LS Chicken Teriyaki Brown Rice Capri Mixed Vegetables Garden Salad Banana	Chef's Choice Assorted Juice Fresh Fruit
30	31	 <i>Happy Mother's Day</i> May 2022  			
LS BBQ Beef Mashed Potatoes Green Beans Beet Salad Fresh Fruit	LS Chicken w/ Valencia Sauce Orzo Pasta Brussel Sprouts Spring Green Salad Fresh Fruit				