






30th Street Senior Center

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services					1 Pork Pozole Stew with Cilantro Tossed Salad Whole Wheat Roll Fresh Orange Milk Italian Salad Dressing Margarine
					3 Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk
10 Chicken Fried Brown Rice California Vegetable Blend California Vegetable Soup (Brown Rice in entrée) Fresh Orange Milk	11 Pesto Tortellini Pasta w/ Cannellini Beans Mixed Vegetable Blend Whole Wheat Bread Fresh Orange Milk Margarine	12 Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Fresh Orange Milk	13 Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk	14 Cilantro Lime Tilapia Fish Corn w/ Bell Peppers Brown Rice Fresh Pear Milk	15 Beef & Vegetable Soup with Parsley Garnish Spinach Salad Whole Grain Penne Pasta Fresh Orange Milk Salad Dressing
17 St Patrick's Day Meal Corned Beef Whole Wheat Bread Red Potatoes Cabbage & Carrots Fresh Seasonal Fruit Milk Margarine	18 Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Italian Salad Dressing	19 Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk Broccoli Cream Soup	20 Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Assorted Jelly	21 Mediterranean Potato Crusted Pollock Cauliflower Brown Rice Pilaf Fresh Apple Milk	22 Chicken Tortilla Soup with Cilantro Garnish Spring Mix Salad Whole Grain Tortilla Chips Fresh Orange Milk Ranch Salad Dressing
24 Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk Cannellini Bean Soup	25 Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk Margarine	26 Pork Carnitas with Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	27 Broccoli Beef w/ Edamame Corn, Carrots, Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	28 Alfredo Basil Fish Capri Vegetable Blend Orzo Pasta Fresh Orange Milk	29 Beef Barley Soup with Parsley Garnish Spring Mix Salad Whole Wheat Bread Fresh Orange Milk Italian Salad Dressing Margarine
31 Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk	 Nourishment through compassionate care.				

 indicates meal is >1000mg sodium

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.