





30th Street Senior Center

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p> </div> <div>  <p>SAN FRANCISCO HUMAN SERVICES AGENCY <b>Department of Disability and Aging Services</b></p> </div>				1
				Fish Pollock
				Parmesan Potatoes
				Broccoli
				Tossed Salad
				Whole Wheat Roll/Margarine
				Fresh Seasonal Fruit
				Milk
				Italian Salad Dressing
4	5	6	7	8
Sesame Ginger Pork	Braised Beef w/Mushrooms	Chicken Thigh w/Mole Sauce	Smothered Turkey Meatballs	Tilapia Fish w/Lemon Herb
Whole Grain Garlic Noodles	Whole Grain Noodles	Brown Rice	Whole Grain Penne Pasta	Whipped Potatoes
Broccoli	Mixed Vegetable Blend	Pinto Beans	Brussels Sprouts	Capri Vegetable Blend
Carrot Soup	Spinach Salad	Corn Chowder Soup	Fresh Pear	Whole Wheat Roll
Fresh Pear	Mixed Fruit	Fresh Orange	Milk	Fresh Banana
Milk	Milk	Milk		Milk
	Italian Salad Dressing			Margarine
11	12	13	14	15
Ginger Pepper Steak	Lemongrass Pork	Meatloaf w/BrownGravy	St Patrick's Day Meal	Tilapia Fish w/Dill Sauce
Whole Grain Garlic Noodles	Brown Rice	Mashed Potatoes	Corned Beef	Brown Rice Pilaf
Carrots	California Vegetable Blend	Mixed Vegetable Blend	Whole Wheat Bread	Green Beans w/ Red Peppers
Lentil Soup	Cucumber Salad	Barley Vegetable Soup	Red Potatoes	Fresh Pear
Fresh Orange	Tossed Salad	Whole Wheat Roll	Cabbage & Carrots	Milk
Milk	Fresh Pear	Fresh Orange	Fresh Seasonal Fruit	
	Milk	Milk	Milk	
	Ranch Salad Dressing	Margarine	Margarine	
18	19	20	21	22
Chicken Fried Brown Rice	Vegetarian White Bean Chili	Chicken Supreme	Beef Ropa Vieja	Cilantro Lime Tilapia Fish
Whole Kernel Corn	Whipped Potatoes	Brown Rice	Spanish Brown Rice	Brown Rice
Kale Soup	Mixed Greens	California Vegetable Blend	Pinto Beans	Corn w/ Bell Peppers
Fresh Seasonal Fruit	Whole Wheat Roll	Tossed Salad	Peas and Carrots	Fresh Pear
Milk	Fresh Apple	Fresh Banana	Fresh Orange	Milk
	Milk	Milk	Milk	
	California Vegetable Soup	Italian Salad Dressing		
25	26	27	28	29
Moroccan Lemon Chicken	Beef Tips w/Gravy	Carne Asada (Beef)	Vegetable Frittata	Site Closed
Brown Rice Pilaf	Garlic Whipped Potatoes	Diced Potatoes	Succotash	
Green Beans	Carrots	Mixed Vegetable Blend	(Mixed Vegetables in Entrée)	
Lentil & Garbanzo Bean Soup	Spinach Salad	Whole Wheat Tortilla	Whole Wheat Bread	
Fresh Orange	Whole Wheat Bread	Broccoli Cream Soup	Fresh Banana	
Milk	Fresh Seasonal Fruit	Fresh Orange	Milk	
	Milk	Milk	Assorted Jelly	
	Italian Salad Dressing			