



30th Street Senior Center

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> TRIO Community Meals <small>Nourishment through compassionate care.</small> </div> <div style="text-align: center;"> SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services </div> </div>				1
				Fish Pollock
				Parmesan Potatoes
				Broccoli
				Whole Wheat Roll
				Diced Pears
				Milk
				Margarine
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 Sauce
Whole Grain Garlic Noodles	Whole Grain Noodles	Brown Rice	Whole Grain Penne Pasta	Whipped Potatoes
Broccoli	Mixed Vegetables	Pinto Beans	Brussels Sprouts	Capri Vegetable Blend
Carrot Soup	Mixed Fruit	Corn Chowder Soup	Fruit Cocktail	Whole Wheat Roll
Pineapple Tidbits	Milk	Mandarin Oranges	Milk	Fresh Banana
Milk		Milk		Milk
				Margarine
11	12	13	14	15
Ginger Pepper Beef	Lemongrass Pork	Meatloaf w/ Gravy	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	Tropical Fruit
Mixed Fruit	Diced Pears	Whole Wheat Roll	Cabbage & Carrots	Milk
Milk	Milk	Mandarin Oranges	Canned Fruit	
		Milk	Milk	
		Margarine	Margarine	
18	19	20	21	22
Chicken Fried Brown Rice	Vegetarian White Bean Chili	Cilantro Lime Tilapia Fish	Beef Ropa Vieja	Chicken Supreme
Whole Kernel Corn	Whipped Potatoes	Brown Rice	Spanish Brown Rice	Brown Rice
Kale Soup	Mixed Greens	Corn w/ Bell Peppers	Pinto Beans	California Vegetable Blend
Diced Pears	Whole Wheat Roll	California Vegetable Soup	Peas and Carrots	Tossed Salad w/ Dressing
Milk	Mandarin Oranges/Milk	Tropical Fruit	Mixed Fruit	Tropical Fruit
	California Vegetable Soup	Milk	Milk	Milk
25	26	27	28	29
Moroccan Lemon Chicken	Beef Tips w/Gravy	Potato Crusted Pollock Fish	Vegetable Frittata	Carne Asada (Beef)
Brown Rice Pilaf	Garlic Whipped Potatoes	w/Dill Sauce	Succotash	Diced Potatoes
Green Beans	Carrots	Brown Rice Pilaf	(Mixed Vegetables in Entrée)	Mixed Vegetable Blend
Lentil & Garbanzo Bean Soup	Whole Wheat Bread	Cauliflower	Whole Wheat Bread (2)	Whole Wheat Tortilla
Mixed Fruit	Applesauce	Broccoli Cream Soup	Fresh Banana	Mixed Fruit
Milk	Milk	Mandarin Oranges	Milk	Milk
	Assorted Jelly	Milk	Assorted Jelly	