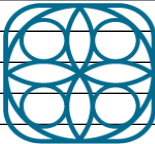





# 30th Street Senior Center

# April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Tilapia Fish w/ Tuscan Sauce	<b>Turkey Breast w/Gravy</b>	<b>Pork Carnitas</b>	<b>Spring Celebration Meal</b>	<b>Chicken Char Siu</b>
<b>Orzo Pasta</b>	<b>Mashed Potatoes</b>	<b>Spanish Brown Rice</b>	<b>Glazed Turkey Ham</b>	<b>Whole Grain Garlic Noodles</b>
<b>Capri Vegetable Blend</b>	<b>Green Beans w/Corn</b>	<b>Pinto Beans</b>	<b>Whole Wheat Roll/ Margarine</b>	<b>Japanese Vegetable Blend</b>
<b>Cannellini Bean Soup</b>	<b>Whole Wheat Roll/ Margarine</b>	<b>Vegetable Soup</b>	<b>Potatoes Au Gratin</b>	<b>Peach Slices</b>
<b>Mandarin Oranges</b>	<b>Pineapple Tidbits</b>	<b>100% Orange Juice</b>	<b>Baby Carrots</b>	<b>Milk</b>
<b>Milk</b>	<b>Milk</b>	<b>Milk/ Taco Sauce</b>	<b>Mandarin Oranges</b>	
			<b>Milk</b>	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Cider Braised Pork</b>	<b>Herb Glazed Beef Roast</b>	<b>Tilapia Fish Vera Cruz</b>	<b>Pork Stir Fry</b>	<b>Oven Fried Chicken</b>
<b>Seasoned Whole Grain Pasta</b>	<b>Garlic Whipped Potatoes</b>	<b>Brown Rice</b>	<b>Cilantro Brown Rice</b>	<b>Broccoli</b>
<b>Country Vegetable Blend</b>	<b>French Green Beans</b>	<b>Spinach</b>	<b>Peas w/ Red Peppers</b>	<b>Parmesan Potatoes</b>
<b>Kale Soup</b>	<b>Whole Wheat Bread</b>	<b>Black Beans Sop</b>	<b>Carrot Cucumber Salad</b>	<b>Whole Wheat Roll</b>
<b>Diced Pears</b>	<b>Fruit Cocktail</b>	<b>Applesauce</b>	<b>Pineapple Tidbits</b>	<b>Diced Pears</b>
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Margarine</b>			<b>Margarine</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Sesame Ginger Pork</b>	<b>Beef w/ Mushrooms</b>	<b>Chicken Thigh w/ Mole Sauce</b>	<b>Fish w/ Lemon Herb Sauce</b>	<b>Smothered Turkey Meatballs</b>
<b>Whole Grain Garlic Noodles</b>	<b>Whole Grain Noodles</b>	<b>Brown Rice</b>	<b>Whipped Potatoes</b>	<b>Whole Grain Penne Pasta</b>
<b>Broccoli</b>	<b>Mixed Vegetable Blend</b>	<b>Pinto Beans</b>	<b>Capri Vegetable Blend</b>	<b>Brussels Sprouts</b>
<b>Carrot Soup</b>	<b>Mixed Fruit</b>	<b>Corn Chowder Soup</b>	<b>Whole Wheat Roll</b>	<b>Fruit Cocktail</b>
<b>Pineapple Tidbits</b>	<b>Milk</b>	<b>Mandarin Oranges</b>	<b>Fresh Banana</b>	<b>Milk</b>
<b>Milk</b>		<b>Milk</b>	<b>Milk</b>	
			<b>Margarine</b>	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Ginger Pepper Beef</b>	<b>Fish w/ Dill Sauce</b>	<b>Meatloaf w/ Gravy</b>	<b>Lemongrass Pork</b>	<b>Garden Meatballs</b>
<b>Whole Grain Garlic Noodles</b>	<b>Brown Rice Pilaf</b>	<b>Mashed Potatoes</b>	<b>Brown Rice</b>	<b>w/ Honey Ginger Glaze</b>
<b>Carrots</b>	<b>Green Beans w/Red Peppers</b>	<b>Mixed Vegetable Blend</b>	<b>California Vegetable Blend</b>	<b>Brown Rice</b>
<b>Lentil Soup</b>		<b>Barley Vegetable Soup</b>	<b>Cucumber Salad</b>	<b>Japanese Vegetable Blend</b>
<b>Mixed Fruit</b>	<b>Tropical Fruit</b>	<b>Whole Wheat Roll/ Margarine</b>	<b>Diced Pears</b>	<b>Tropical Fruit</b>
<b>Milk</b>	<b>Milk</b>	<b>Mandarin Oranges</b>	<b>Milk</b>	<b>Milk</b>
		<b>Milk</b>		
<b>29</b>	<b>30</b>			
<b>Chicken Fried Brown Rice</b>	<b>Vegetarian White Bean Chili</b>	 SAN FRANCISCO HUMAN SERVICES AGENCY <b>Department of Disability and Aging Services</b>	 Nourishment through compassionate care.	
<b>Whole Kernel Corn</b>	<b>Whipped Potatoes</b>			
<b>Kale Soup</b>	<b>Mixed Greens</b>			
<b>Diced Pears</b>	<b>Whole Wheat Roll/ Margarine</b>			
<b>Milk</b>	<b>Mandarin Oranges</b>			
	<b>Milk</b>			