





# 30th Street Senior Center

# April 2024

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