



30th Street Senior Center

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Ginger Pepper Beef Whole Grain Garlic Noodles Carrots Lentil Soup Mixed Fruit Milk	Tilapia Fish w/Dill Sauce Brown Rice Pilaf Green Beans w/ Red Peppers Tropical Fruit Milk	Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Whole Wheat Roll/ Margarine Mandarin Oranges Milk	Lemongrass Pork Brown Rice California Vegetable Blend Cucumber Salad Diced Pears Milk	Garden Meatballs w/Honey Ginger Glaze (vegetarian) Brown Rice Japanese Vegetable Blend Tropical Fruit Milk
10	11	12	13	14
Chicken Fried Brown Rice Whole Kernel Corn Kale Soup Diced Pears Milk	Vegetarian White Bean Chili Whipped Potatoes Mixed Greens Whole Wheat Roll Mandarin Oranges Milk	Cilantro Lime Tilapia Fish Brown Rice Corn w/ Bell Peppers California Vegetable Soup Tropical Fruit Milk	Beef Ropa Vieja Spanish Brown Rice Pinto Beans Peas and Carrots Mixed Fruit Milk	Chicken Supreme Brown Rice California Vegetable Blend Tossed Salad w/ Dressing Tropical Fruit Milk
17	18	19 Holiday	20	21
Moroccan Lemon Chicken Brown Rice Pilaf Green Beans Lentil & Garbanzo Bean Soup Mixed Fruit Milk	Beef Tips w/Gravy Garlic Whipped Potatoes Carrots Whole Wheat Bread w/ Jelly Applesauce Milk Broccoli Cream Soup	Site Closed	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread (2) Fresh Banana Milk Assorted Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Mixed Fruit Milk
24	25	26	27	28
Tilapia Fish w/ Tuscan Sauce Orzo Pasta Capri Vegetable Blend Cannellini Bean Soup Mandarin Oranges Milk	Turkey Breast w/Gravy Mashed Potatoes Green Beans w/Corn Whole Wheat Roll/ Margarine Pineapple Tidbits Milk	Pork Carnitas Spanish Brown Rice Pinto Beans Vegetable Soup 100% Orange Juice Milk/ Taco Sauce	Broccoli Beef w/Edamame Brown Rice Lima Beans Carrots Mixed Fruit Milk	Chicken Char Siu Whole Grain Garlic Noodles Japanese Vegetable Blend Peach Slices Milk



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
 and Aging Services**

