



30th Street Senior Center

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Ginger Pepper Steak 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 Milk	Meatloaf w/Brown 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 Tossed Salad w/ Salad Dressing Fresh Pear 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 Fresh Seasonal Fruit Milk	Vegetarian White Bean Chili Whipped Potatoes Mixed Greens Whole Wheat Roll Fresh Apple Milk	Cilantro Lime Tilapia Fish Brown Rice Corn w/ Bell Peppers California Vegetable Soup Fresh Pear Milk	Beef Ropa Vieja Spanish Brown Rice Pinto Beans Peas and Carrots Fresh Pear Milk	Chicken Supreme Brown Rice California Vegetable Blend Tossed Salad Fresh Banana Milk Italian Salad Dressing
17	18	19 Holiday	20	21
Moroccan Lemon Chicken Brown Rice Pilaf Green Beans Lentil & Garbanzo Bean Soup Fresh Orange Milk	Beef Tips w/Gravy Garlic Whipped Potatoes Carrots Spinach Salad w/ Salad Dressing Whole Wheat Bread Fresh Seasonal Fruit Milk / Broccoli Cream Soup	Site Closed	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Assorted Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk
24	25	26	27	28
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	Broccoli Beef w/ Edamame Brown Rice Lima Beans Carrots Spinach Salad Fresh Orange Milk Ranch Dressing	Chicken Char Siu Whole Grain Garlic Noodles Japanese Vegetable Blend Fresh Seasonal Fruit Milk



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



Nourishment through
 compassionate care.