





30th Street Senior Center

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services				
1	2	3	4 Holiday	5
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk	Vegetarian Southwest Spicy Pasta Green Beans w/ Bell Peppers Mixed Vegetable Blend (Whole Grain Pasta in entrée) Fresh Apple Milk	Chicken Fried Brown Rice Whole Kernel Corn Kale Soup (Brown Rice in entrée) Fresh Orange Milk	Independence Day Site Closed	Chicken Supreme California Vegetable Blend Tossed Salad w/ Dressing Whole Wheat Bread Fresh Orange Milk Margarine
8	9	10	11	12
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Italian Salad Dressing	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	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
15	16	17	18	19
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Fresh Orange Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk Margarine	Pork Carnitas with Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	Chicken Char Siu Japanese Vegetable Blend Whole Grain Garlic Noodles Fresh Apple Milk
22	23	24	25	26
Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk	Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine	Tilapia Fish Vera Cruz Spinach Black Bean Soup Brown Rice Fresh Orange Milk	Pork Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	Oven Fried Chicken Parmesan Potatoes Broccoli Tossed Salad Whole Wheat Roll & Margarine Fresh Orange Milk Italian Salad Dressing
29	30	31		
Sesame Ginger Pork Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Spinach Salad Whole Grain Noodles Fresh Orange Milk Italian Salad Dressing	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk		