



30th Street Senior Center

July 2024

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