



30th Street Senior Center September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Site Closed	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
9	10	11	12	13
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	Tilapia Fish w/ Lemon Herb Sauce Whipped Potatoes Capri Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine	Latin Heritage Holiday Meal Chicken Mole Whole Wheat Tortilla Pinto Beans Mexican Corn Mandarin Oranges Mexican Chocolate Pudding Milk
16	17	18	19	20
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Mixed Fruit Milk	Tilapia Fish w/ Dill Sauce Green Beans w/Red Peppers Brown Rice Pilaf Tropical Fruit Milk	Turkey Patty w/ Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Multi Grain Bread Sliced Peaches Milk Margarine	Lemongrass Pork California Vegetable Blend Cucumber Salad Brown Rice Diced Pears Milk	Vegetarian Hawaiian Garden Meatballs Japanese Vegetable Blend Brown Rice Mixed Fruit Milk
23	24	25	26	27
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	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk	Chicken Supreme California Vegetable Blend Tossed Salad w/ Dressing Whole Grain Rotini Pasta Tropical Fruit Milk

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Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Mixed Fruit Milk



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

