



30th Street Senior Center

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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
7	8	9	10	11
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
14	15	16	17	18
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
21	22	23	24	25
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	Chicken w/ Apple Chutney Brussels Sprouts Diced Sweet Potatoes Whole Wheat Roll Mandarin Oranges Milk Oreo Cookies Margarine
28	29	30	31	
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	



SAN FRANCISCO HUMAN SERVICES AGENCY
 Department of Disability
 and Aging Services