





30th Street Senior Center

# November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 SAN FRANCISCO HUMAN SERVICES AGENCY <b>Department of Disability and Aging Services</b>				1 Vegetarian Hawaiian Garden Meatballs Vegetables Brown Rice Fruit Milk
				 TRIO Community Meals an elior company
4	5	6	7	8
Cilantro Lime Tilapia Fish Corn with Bell Peppers Vegetable Soup Brown Rice Tropical Fruit Milk	Vegetarian Southwest Spicy Pasta Green Beans with Bell Peppers Vegetables (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 Peas and Carrots Cilantro Brown Rice Fruit Milk	Chicken with Sauce Vegetables Salad Whole Grain Rotini Pasta Tropical Fruit Milk Salad Dressing
11	12	13	14	15
Lemon Chicken Green Beans Lentil and Garbanzo Bean Soup Brown Rice Pilaf Fruit Milk	Beef Tips with Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Applesauce Milk Salad Dressing	Potato Crusted Pollock with Sauce Cauliflower Broccoli Cream Soup Brown Rice Pilaf Mandarin Oranges Milk	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Jelly	Beef Diced Potatoes Vegetables Whole Wheat Tortilla Fruit Milk
18	19	20	21	22
Alfredo Basil Fish Vegetables Cannellini Bean Soup Orzo Pasta Mandarin Oranges Milk	Turkey Breast with Gravy Mashed Potatoes Green Beans with Corn Whole Wheat Roll Pineapple Milk	Pork with Green Salsa  Pinto Beans Vegetable Soup Brown Rice with Peppers 100% Orange Juice Milk	Broccoli Beef with Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fruit Milk Salad Dressing	Chicken Char Siu Vegetables Whole Grain Garlic Noodles Peach Slices Milk
25	26	27	28	29
Pork with Tarragon Sauce Vegetables Kale Soup Seasoned Whole Grain Pasta Diced Pears Milk	Turkey with Gravy Cranberry Sauce Whole Wheat Bread Dressing Parslied Carrots Green Beans Mandarin Oranges Milk Pumpkin Pie	Fish with Pepper Sauce Spinach Black Bean Soup Brown Rice Applesauce Milk	Closed for Thanksgiving Holiday	Closed for Thanksgiving Holiday