



30th Street Senior Center

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
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					Vegetarian Hawaiian Garden Meatballs Vegetables Brown Rice Pineapple Milk
4	5	6	7	8	
Cilantro Lime Tilapia Fish Corn with Bell Peppers Vegetable Soup Brown Rice Fresh Pear Milk	Vegetarian Southwest Spicy Pasta Green Beans with Bell Peppers Vegetables (Whole Grain Pasta in entrée) Fresh Apple Milk	Chicken Fried Brown Rice Whole Kernel Corn Kale Soup (Brown Rice in entrée) Fresh Orange Milk	Beef Peas and Carrots Cilantro Brown Rice Tropical Fruit Milk	Chicken with Sauce Vegetables Salad Whole Grain Rotini Pasta Fresh Orange Milk Salad Dressing	
11	12	13	14	15	
Lemon Chicken Green Beans Lentil and Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Beef Tips with Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Salad Dressing	Potato Crusted Pollock with Sauce Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Jelly	Beef Diced Potatoes Vegetables Whole Wheat Tortilla Fresh Orange Milk	
18	19	20	21	22	
Alfredo Basil Fish Vegetables Cannellini Bean Soup Orzo Pasta Fresh Orange 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 Fresh Orange Milk Salad Dressing	Chicken Char Siu Vegetables Whole Grain Garlic Noodles Fresh Apple Milk	
25	26	27	28	29	
Pork with Tarragon Sauce Vegetables Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk	Thanksgiving Meal 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 Fresh Orange Milk	Closed for Thanksgiving Holiday	Closed for Thanksgiving Holiday	