





30th Street Senior Center

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Sesame Ginger Pork Broccoli Carrot Soup Whole Grain Garlic Noodles Pineapple Tidbits Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Spinach Salad Whole Grain Noodles Mixed Fruit Milk Italian Salad Dressing	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	Smothered Turkey Meatballs Brussels Sprouts Whole Grain Penne Pasta Fruit Cocktail Milk
9	10	11	12	13
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 Tossed Salad Brown Rice Diced Pears Milk Italian Salad Dressing	Vegetarian Hawaiian Garden Meatballs Japanese Vegetable Blend Brown Rice Mixed Fruit Milk
16	17	18	19	20
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	Christmas Meal Glazed Ham Whole Wheat Roll Garlic Mashed Potatoes Parslied Carrots Mandarin Oranges Low Fat Milk Sugar Cookie Margarine
23	24	25	26	27
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Mixed Fruit Milk	Closed	Closed for Christmas	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Assorted Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Mixed Fruit Milk
30	31	 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>  <p>an elior company</p>		
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Mandarin Oranges Milk	Closed			