



30th Street Senior Center

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3
 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>  <p>TRIO Community Meals an elior company</p>	<p>New Year's Eve Meal Seafood Paella (Rice in entrée) Mixed Vegetable Blend Tossed Salad Fresh Seasonal Fruit Milk Salad Dressing Chocolate Chip Cookie</p>	<p>Closed for New Year's Day</p>	<p>Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing</p>	<p>Chicken Char Siu Japanese Vegetable Blend Whole Grain Garlic Noodles Fresh Apple Milk</p>
6	7	8	9	10
<p>Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk</p>	<p>Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine</p>	<p>Tilapia Fish Vera Cruz Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk</p>	<p>Pork Stir Fry Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk</p>	<p>Oven Fried Chicken Parmesan Potatoes Broccoli Whole Wheat Roll Fresh Orange Milk Margarine</p>
13	14	15	16	17
<p>Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk</p>	<p>Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Noodles Fresh Orange Milk Corn Chowder Soup</p>	<p>Tomatillo Chicken Thigh Pinto Beans Brown Rice Fresh Orange Milk</p>	<p>Tilapia Fish w/ Lemon Herb California Vegetable Blend Orzo Pasta Fresh Banana Milk</p>	<p>Turkey Meatballs w/ Marinara Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk</p>
20	21	22	23	24
<p>Closed for MLK Day</p>	<p>Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Pear Milk</p>	<p>Mango BBQ Chicken Mixed Vegetable Blend Barley Vegetable Soup Brown Rice Fresh Orange Milk</p>	<p>Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Fresh Orange Milk Italian Salad Dressing</p>	<p>Red Kidney Beans California Vegetable Blend Cajun Brown Rice Pineapple Tidbits Milk</p>
27	28	29	30	31
<p>Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk</p>	<p>Pesto Tortellini Pasta w/ Cannellini Beans Mixed Vegetable Blend Whole Wheat Bread Fresh Orange Milk Margarine</p>	<p>Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Fresh Orange Milk</p>	<p>Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk</p>	<p>Chicken Fried Brown Rice California Vegetable Blend Tossed Salad (Brown Rice in entrée) Fresh Orange Milk Salad Dressing</p>