





### 30th Street Senior Center

# December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Sesame Ginger Pork Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Spinach Salad Whole Grain Noodles Fresh Orange Milk Italian Salad Dressing	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange 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 Fresh Pear Milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Pear Milk	Turkey Patty w/ Gravy Mashed Potatoes Mixed Vegetable Blend Barley Vegetable Soup Multi Grain Bread Fresh Apple Milk Margarine	Lemongrass Pork California Vegetable Blend Tossed Salad Brown Rice Fresh Banana Milk Italian Salad Dressing	Vegetarian Hawaiian Garden Meatballs Japanese Vegetable Blend Brown Rice Pineapple Tidbits Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk	Vegetarian Southwest Spicy Pasta Green Beans w/ Bell Peppers Mixed Vegetable Blend (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 Ropa Vieja Peas and Carrots Cilantro Brown Rice Tropical Fruit Milk	<b>Christmas Meal</b> Glazed Ham Whole Wheat Roll Garlic Mashed Potatoes Parslied Carrots Mandarin Oranges Low Fat Milk Sugar Cookie Margarine
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange 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 Fresh Orange Milk
<b>30</b>	<b>31</b>	 SAN FRANCISCO HUMAN SERVICES AGENCY <b>Department of Disability and Aging Services</b>		 TRIO Community Meals an elior company
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Fresh Orange Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk			