



30th Street Senior Center

# February 2025

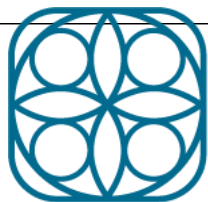
Monday

Tuesday

Wednesday

Thursday

Friday



SAN FRANCISCO HUMAN SERVICES AGENCY  
**Department of Disability  
 and Aging Services**



Nourishment through  
 compassionate care.

3	4	5	6	7
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Italian Salad Dressing	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk
10	11	12	13	14
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 Margarine Vegetable Soup	Pork Carnitas with Salsa Verde Pinto Beans Spanish Brown Rice 100% Orange Juice Milk	Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing	<b>Valentine's Day</b> Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk Strawberry Icecream
17	18	19	20	21
Closed for President's Day	Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine	Tilapia Fish Vera Cruz Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk	Pork Stir Fry Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	Oven Fried Chicken Parmesan Potatoes Broccoli Whole Wheat Roll Fresh Orange Milk Margarine
24	25	26	27	28
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Noodles Fresh Orange Milk	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	Turkey Meatballs w/ Marinara Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk