





30th Street Senior Center

# February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>SAN FRANCISCO HUMAN SERVICES AGENCY</b> <b>Department of Disability and Aging Services</b></p>		 <p><b>TRIO</b> Community Meals Nourishment through compassionate care.</p>		
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Mixed Fruit Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Applesauce Milk Italian Salad Dressing	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Mandarin Oranges 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 Mixed Fruit Milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Mandarin Oranges 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 Mixed Fruit Milk Ranch Dressing	Valentine's Day Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Applesauce Milk Strawberry Icecream
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Closed for President's Day	Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fruit Cocktail Milk Margarine	Tilapia Fish Vera Cruz Mixed Vegetable Blend Black Bean Soup Brown Rice Applesauce Milk	Pork Stir Fry Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Pineapple Tidbits Milk	Oven Fried Chicken Parmesan Potatoes Broccoli Whole Wheat Roll Diced Pears Milk Margarine
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Mixed Fruit Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Noodles Mandarin Oranges Milk	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Mixed Fruit Milk	Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	Turkey Meatballs w/ Marinara Brussels Sprouts Whole Grain Penne Pasta Fruit Cocktail Milk