





30th Street Senior Center

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday				
	31	1	2	3				
 	New Year's Eve Meal Seafood Paella (Rice in entrée) Mixed Vegetable Blend Tossed Salad Fresh Seasonal Fruit Milk Salad Dressing Chocolate Chip Cookie	Closed for New Year's Day	Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Mixed Fruit Milk Ranch Dressing	Chicken Char Siu Japanese Vegetable Blend Whole Grain Garlic Noodles Sliced Peaches Milk				
	6		7	8	9			
	Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Diced Pears Milk		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		
	13		14	15	16	17		
	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	Tilapia Fish w/ Lemon Herb California Vegetable Blend Orzo Pasta Fresh Banana Milk	Turkey Meatballs w/ Marinara Brussels Sprouts Whole Grain Penne Pasta Fruit Cocktail Milk		
	20		21	22	23	24		
Site Closed	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Banana Milk	Mango BBQ Chicken Mixed Vegetable Blend Barley Vegetable Soup Brown Rice Mandarin Oranges Milk	Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Diced Pears Milk Italian Salad Dressing	Red Kidney Beans California Vegetable Blend Cajun Brown Rice Mixed Fruit Milk				
		27			28	29	30	
		Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Tropical Fruit Milk			Pesto Tortellini Pasta w/ Mixed Vegetable Blend Whole Wheat Bread Mandarin Oranges Milk Margarine	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Diced Pears Milk	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk	Chicken Fried Brown Rice California Vegetable Blend Tossed Salad (Brown Rice in entrée) Mixed Fruit Milk Salad Dressing