





30th Street Senior Center

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Mixed Fruit Milk	Mango BBQ Chicken Mixed Vegetable Blend Brown Rice Mandarin Oranges Milk	Red Kidney Beans California Vegetable Blend Cajun Brown Rice Mixed Fruit Milk Barley Vegetable Soup	Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Diced Pears Milk Italian Salad Dressing	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Banana Milk
10	11	12	13	14
Chicken Fried Brown Rice California Vegetable Blend California Vegetable Soup (Brown Rice in entrée) Mixed Fruit Milk	Pesto Tortellini Pasta w/ Cannellini Beans 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	Cilantro Lime Tilapia Fish Corn w/ Bell Peppers Brown Rice Tropical Fruit Milk
17	18	19	20	21
St Patrick's Day Meal Corned Beef Whole Wheat Bread Red Potatoes Cabbage & Carrots Fresh Banana Milk Margarine	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Applesauce Milk Italian Salad Dressing	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Mixed Fruit Milk Broccoli Cream Soup	Vegetable Frittata Succotash (Mixed Vegetables in Entrée) Whole Wheat Bread Fresh Banana Milk Jelly	Mediterranean Potato Crusted Pollock Cauliflower Brown Rice Pilaf Mandarin Oranges Milk
24	25	26	27	28
Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Applesauce Milk Cannellini Bean Soup	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk Margarine	Pork Carnitas with Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Mixed Fruit Milk Ranch Dressing	Alfredo Basil Fish Capri Vegetable Blend Orzo Pasta Mandarin Oranges Milk
31	 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>			 <p>TRIO Community Meals Nourishment through compassionate care.</p>
Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Diced Pears Milk				