





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 Fresh Orange Milk	Mango BBQ Chicken Mixed Vegetable Blend Brown Rice Fresh Orange Milk	Red Kidney Beans California Vegetable Blend Cajun Brown Rice Pineapple Tidbits Milk Barley Vegetable Soup	Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Fresh Orange Milk Italian Salad Dressing	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Peppers Brown Rice Pilaf Fresh Pear Milk
10	11	12	13	14
Chicken Fried Brown Rice California Vegetable Blend Tossed Salad (Brown Rice in entrée) Fresh Orange Milk Salad Dressing California Vegetable Soup	Pesto Tortellini Pasta w/ Cannellini Beans Mixed Vegetable Blend Whole Wheat Bread Fresh Orange Milk Margarine	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Fresh Orange Milk	Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk	Cilantro Lime Tilapia Fish Corn w/ Bell Peppers Brown Rice Fresh Pear Milk
17	18	19	20	21
St Patrick's Day Meal Corned Beef Whole Wheat Bread Red Potatoes Cabbage & Carrots Fresh Seasonal Fruit Milk Margarine	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Spinach Salad Whole Wheat Bread Fresh Pear Milk Italian Salad Dressing	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange 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 Fresh Apple Milk
24	25	26	27	28
Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange 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 Fresh Orange Milk Ranch Dressing	Alfredo Basil Fish Capri Vegetable Blend Orzo Pasta Fresh Orange Milk
31	 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>			 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>
Pork w/ Tarragon Sauce				
Country Vegetable Blend				
Kale Soup				
Seasoned Whole Grain Pasta				
Fresh Orange				
Milk				