



# 30th Street Senior Center

## April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Herbed Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fruit Cocktail Milk Margarine	Oven Fried Chicken Broccoli Parmesan Potatoes Whole Wheat Roll Diced Pears Milk Margarine	Pork Stir Fry Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Pineapple Tidbits Milk	Tilapia Fish Vera Cruz Mixed Vegetable Blend Black Bean Soup Brown Rice Applesauce Milk
7	8	9	10	11
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Mixed Fruit Milk	Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Boodles Mandarin Oranges Milk	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Mixed Fruit Milk	Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fruit Cocktail Milk	Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk
14	15	16	17	18
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Mixed Fruit Milk	Tilapia Fish w/ Dill Sauce Green Beans w/ Red Bell Peppers Brown Rice Pilaf Fresh Banana Milk	Mango BBQ Chicken Mixed Vegetable Blend Barley Vegetable Soup Brown Rice Mandarin Oranges Milk	Site Closed	Site Closed
21	22	23	24	25
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Tropical 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	Chicken Fried Brown Rice California Vegetable Blend Tossed Salad Brown Rice (in entrée) Mixed Fruit Milk Salad Dressing
28	29	30		
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		

This Program is partially funded by City & County of SF Dept of Disability and Aging Services and is available to individuals 60 years and older.