



30th Street Senior Center

May 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | | | 1 | 2 |
| | | | Broccoli Beef w/ Edamame Carrots & Lima Beans Spinach Salad Brown Rice Fresh Orange Milk Ranch Dressing | Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Fresh Orange Milk |
| 5 | 6 | 7 | 8 | 9 |
| Pork w/ Tarragon Sauce Country Vegetable Blend Kale Soup Seasoned Whole Grain Pasta Fresh Orange Milk | Herb Glazed Beef Roast Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Banana Milk Margarine | Tilapia Fish Vera Cruz Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk | Pork Stir Fry Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk | Oven Fried Chicken Parmesan Potatoes Broccoli Whole Wheat Roll Fresh Orange Milk Margarine |
| 12 | 13 | 14 | 15 | 16 |
| Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk | Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Noodles Fresh Orange Milk | Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk | Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk | Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk |
| 19 | 20 | 21 | 22 | 23 |
| Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk | Tilapia Fish w/ Dill Sauce Green Beans w/ Red Bell Peppers Brown Rice Pilaf Fresh Pear Milk | Mango BBQ Chicken Mixed Vegetable Blend Brown Rice Fresh Orange Milk | Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Fresh Orange Milk Salad Dressing | Red Kidney Beans California Vegetable Blend Cajun Brown Rice Pineapple Tidbits Milk |
| 26 | 27 | 28 | 29 | 30 |
| Closed for Memorial Day | 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 | Chicken Fried Brown Rice California Vegetable Blend Tossed Salad Brown Rice (in entrée) Fresh Orange Milk Salad Dressing |

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.

