



on LOK[®]
where seniors embrace life

30th Street Senior Center

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p>			Broccoli Beef w/ Edamame Carrots and Lima Beans Spinach Salad Brown Rice Mixed Fruit Milk Ranch Dressing	Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Applesauce Milk
5	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 Green 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
12	13	14	15	16
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 Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fruit Cocktail Milk
19	20	21	22	23
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Mixed Fruit Milk	Tilapia Fish w/ Dill Sauce Green Beans w/Red Peppers Brown Rice Pilaf Fresh Banana Milk	Mango BBQ Chicken Mixed Vegetable Blend 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
26	27	28	29	30
Closed for Memorial Day	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

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.