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where seniors embrace life

## 30th Street Senior Center

# June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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	Vegetable Frittata Succotash Mixed Vegetables (in Entrée) Whole Wheat Bread Fresh Banana Milk Jelly	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Mixed Fruit Milk
9	10	11	12	13
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Mandarin Oranges Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk Margarine	Pork Carnitas w/ 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	Chicken Marsala Italian Vegetable Blend Whole Grain Penne Pasta Applesauce Milk
16	17	18	19	20
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 Brown Rice Applesauce Milk	Closed for Juneteenth	Oven Fried Chicken Parmesan Potatoes Broccoli Whole Wheat Roll Diced Pears Milk Margarine
23	24	25	26	27
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
30				
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Mixed Fruit Milk	<div>  <div> <p>SAN FRANCISCO HUMAN SERVICES AGENCY</p> <p>Department of Disability and Aging Services</p> </div> </div> <div>  </div>			

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.