

Monday	Tuesday	Wednesday	Thursday	Friday
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	SAN FRANCISCO HUMAN SERVICES AGE Department of Disabil and Aging Services			Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fruit Cocktail Milk
4	5	6	7	8
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 Barley Vegetable Soup Brown Rice Mandarin Oranges Milk	Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Diced Pears Milk Italian Salad Dressing	8 Red Kidney Beans California Vegetable Blend Cajun Brown Rice Mixed Fruit Milk
11	12	13	14	15
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
18	19	20	21	22
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
25	26	27	28	29
Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Mandarin Oranges Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Vegetable Soup Whole Wheat Roll Pineapple Tidbits Milk Margarine	Pork Carnitas w/ Salsa Verde Pinto Beans 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