





30th Street Senior Center

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	2 Braised Beef w/ Mushrooms Mixed Vegetable Blend Whole Grain Noodles Fresh Orange Milk	3 Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	4 Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend Orzo Pasta Fresh Banana Milk	5 Turkey Meatballs w/ Marinara Sauce Brussels Sprouts Whole Grain Penne Pasta Fresh Pear Milk
8 Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	9 Tilapia Fish w/ Dill Sauce Green Beans w/Red Peppers Brown Rice Pilaf Fresh Pear Milk	10 Mango BBQ Chicken Mixed Vegetable Blend Barley Vegetable Soup Brown Rice Fresh Orange Milk	11 Lemongrass Pork Mixed Vegetable Blend Tossed Salad Brown Rice Fresh Orange Milk Italian Salad Dressing	12 Red Kidney Beans California Vegetable Blend Cajun Brown Rice Pineapple Tidbits Milk
15 Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Pear Milk	16 Pesto Tortellini Pasta w/ Cannellini Beans Mixed Vegetable Blend Whole Wheat Bread Fresh Orange Milk Margarine	17 Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Fresh Orange Milk	18 Beef Ropa Vieja Peas and Carrots Cilantro Brown Rice Mixed Fruit Milk	19 Chicken Fried Brown Rice California Vegetable Blend Tossed Salad Brown Rice (in entrée) Fresh Orange Milk Salad Dressing
22 Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	23 Christmas Meal Glazed Ham Baked Sweet Potato Broccoli w/ Red Peppers Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine Oatmeal Raisin Cookie	24 Closed	25 Closed for Christmas Day	26 Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Fresh Orange Milk
29 Alfredo Basil Fish Capri Vegetable Blend Cannellini Bean Soup Orzo Pasta Fresh Orange Milk	30 Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Pineapple Tidbits Milk Margarine	31 Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	<div><div>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</div></div> <div><div>TRIO Community Meals an elior company</div></div>	