



## 30th Street Senior Center

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	 TRIO Community Meals an elior company	Closed for New Year's Day		New Year's Meal Chicken Alfredo w/ Whole Grain Spaghetti Broccoli & Cauliflower Fresh Tossed Salad Fresh Seasonal Fruit Milk Salad Dressing Apple Pie
5	6	7	8	9
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Apple Milk	Vegetarian Kofta Meatballs Mixed Vegetables Lima Beans Whole Wheat Bread Fresh Orange Milk Margarine	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Pineapple Tidbits Milk	Beef Ropa Vieja Peas & Carrots Cilantro Brown Rice Mixed Fruit Milk	Chicken Chow Mein California Vegetable Blend Tossed Salad w/ Dressing Whl Grn Sesame Noodles Fresh Orange Milk
12	13	14	15	16
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Whole Wheat Bread Fresh Pear Milk Jelly	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	Pork al Pastor Onion & Cilantro Black Beans Whole Wheat Tortilla Mandarin Oranges & Pineapple Milk	Carne Asada (Beef) Mixed Vegetables Diced Potatoes Whole Wheat Tortilla Fresh Orange Milk
19	20	21	22	23
Closed for Martin Luther King, Jr. Day	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Fresh Apple Milk Margarine	Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice 100% Orange Juice Milk	Beef & Broccoli Stir Fry Carrots & Lima Beans Brown Rice Fresh Apple Milk	Provencal Chicken Potato Wedges California Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine
26	27	28	29	30
Piccata Pork Loin Country Vegetable Blend Kale Soup Seasoned Whl Grn Penne Fresh Orange Milk	Beef Pizza Casserole Parslied Carrots Broccoli & Red Peppers Whole Wheat Bread Fresh Apple Milk Margarine, Parmesan	Vera Cruz Pollock Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk	Pork Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	Tandoori Chicken Curried Lentils *Mini Garlic Naan Mandarin Oranges Milk

