





30th Street Senior Center

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services					 TRIO Community Meals an elior company	
2	3	4	5	6	7	8
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Fresh Pear Milk	Braised Beef w/ Mushrooms Mixed Vegetables Whole Grain Spaghetti Fresh Orange Milk	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Turkey-Ham & White Beans Broccoli Parslied Brown Rice Fresh Apple Milk	Tilapia Fish w/ Lemon Herb Sauce California Vegetable Blend *Orzo Pasta Fresh Banana Milk		
9	10	11	12	13	14	15
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Creole Tilapia Mixed Vegetables Brussels Sprouts *Spiced White Rice Fresh Pear Milk	Mango BBQ Chicken Mixed Vegetables Barley Vegetable Soup Brown Rice Fresh Orange Milk	Pork Adobo Black Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk	Valentine's Day Meal Roast Beef w/ Mushroom Gravy Italian Vegetable Blend Whole Grain Penne Fresh Orange Milk Sugar Cookie		
16	17	18	19	20	21	22
Closed for President's Day	Chicken Chow Mein California Vegetable Blend Tossed Salad w/ Dressing Whl Grn Sesame Noodles Fresh Pear Milk	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Pineapple Tidbits Milk	Beef Ropa Vieja Peas & Carrots Cilantro Brown Rice Mixed Fruit Milk	Vegetarian Kofta Meatballs Mixed Vegetables Lima Beans Whole Wheat Bread Fresh Orange Milk Margarine		
23	24	25	26	27	28	
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	Carne Asada (Beef) Mixed Vegetables Diced Potatoes Whole Wheat Tortilla Fresh Orange Milk	Pork al Pastor Onion & Cilantro Black Beans Whole Wheat Tortilla Mandarin Oranges & Pineapple Milk	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk		

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.

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products.

Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.

Tropical Fruit = pineapple, papaya, guava

Mixed Fruit = peach, pear, mandarin orange

Fruit Cocktail = peach, pear, grapes, pineapple, cherries

*Non-Whole Grain