



30th Street Senior Center



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services



April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Pineapple Tidbits Milk	Site Closed	Site Closed
6	7	8	9	10
Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Mandarin Oranges Milk	Beef Tips w/ Gravy Garlic Whipped Potatoes Carrots Whole Wheat Bread Diced Pears Milk	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Applesauce Milk	Pork al Pastor Onion & Cilantro Black Beans Whole Wheat Tortilla Mandarin Oranges & Pineapple Tidbits Milk	Carne Asada (Beef) Diced Potatoes Mixed Vegetable Blend Whole Wheat Tortilla Mandarin Oranges Milk
13	14	15	16	17
Pesto Tilapia Fish Capri Vegetable Blend Tomato Cream Soup Orzo Pasta Mandarin Oranges Milk	Turkey Breast w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Roll Applesauce 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 Brown Rice Applesauce Milk Ranch Dressing	Provencale Chicken Potato Wedges California Vegetable Blend Whole Wheat Roll Fresh Banana Milk
20	21	22	23	24
Piccata Pork Loin Country Vegetable Blend Kale Soup Seasoned Whl Grn Penne Mandarin Oranges Milk	Beef Pizza Casserole Parslied Carrots Broccoli & Red Peppers Whole Wheat Bread Applesauce Milk Margarine, Parmesan	Vera Cruz Pollock Mixed Vegetable Blend Black Bean Soup Brown Rice Mandarin Oranges Milk	Pork Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Applesauce Milk	Tandoori Chicken Curried Lentils *Mini Garlic Naan Mandarin Oranges Milk
27	28	29	30	
Chicken Teriyaki Broccoli Carrot Soup Whole Grain Garlic Noodles Diced Pears Milk	Braised Beef w/ Mushrooms Mixed Vegetables Whole Grain Spaghetti Mandarin Oranges Milk	Tomatillo Chicken Thigh Pinto Beans Corn Chowder Soup Brown Rice Mandarin Oranges Milk	Turkey-Ham & White Beans Broccoli Parslied Brown Rice Applesauce 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