



30th Street Senior Center



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services



June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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
8	9	10	11	12
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
15	16	17	18	19
Ginger Pepper Beef Carrots Lentil Soup Whole Grain Garlic Noodles Fresh Orange Milk	Creole Tilapia Mixed Vegetables Brussels Sprouts Spiced 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	Sites closed
22	23	24	25	26
Cilantro Lime Tilapia Fish Brown Rice Corn w/ Peppers California Vegetable Soup 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 Pear Milk
29	30			
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			

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