



on LOK[®]
where seniors embrace life

30th Street Senior Center

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	 TRIO Community Meals an elior company	Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	<i>Independence Day Meal</i> Turkey Frankfurter w/ Chili Tater Gems Mixed Fruit Whole Wheat Hot Dog Bun Milk Sugar Cookie Ketchup	Closed for Independence Day
6	7	8	9	10
Pesto Tilapia Fish Capri Vegetable Blend Tomato Cream Soup *Orzo Pasta Fresh Orange Milk	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	Provencale Chicken Potato Wedges California Vegetable Blend Whole Wheat Roll Fresh Banana Milk Margarine
13	14	15	16	17
Piccata Pork Loin Country Vegetable Blend Kale Soup Seasoned WG 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
20	21	22	23	24
Chicken Terivaki 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
27	28	29	30	31
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	Tofu Curry Japanese Vegetable Blend Brown Rice Fresh Banana Milk