



## 30th Street Senior Center

August 2026

| Monday                                                                                                                  | Tuesday                                                                                                                                                                     | Wednesday                                                                                                               | Thursday                                                                                                             | Friday                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| 3                                                                                                                       | 4                                                                                                                                                                           | 5                                                                                                                       | 6                                                                                                                    | 7                                                                                                                          |
| Cilantro Lime Tilapia Fish<br>Corn w/ Bell Peppers<br>California Vegetable Soup<br>Brown Rice<br>Applesauce<br>Milk     | Vegetarian Kofta Meatballs<br>Mixed Vegetable Blend<br>Lima Beans<br>Whole Wheat Bread<br>Mandarin Oranges<br>Milk<br>Margarine                                             | Chicken Mole<br>Whole Kernel Corn<br>Kale Soup<br>Herbed Brown Rice<br>Pineapple Tidbits<br>Milk                        | Beef Ropa Vieja<br>Peas & Carrots<br>Cilantro Brown Rice<br>Mixed Fruit<br>Milk                                      | Chicken Chow Mein<br>California Vegetable Blend<br>Tossed Salad w/ Dressing<br>WG Sesame Noodles<br>Diced Pears<br>Milk    |
| 10                                                                                                                      | 11                                                                                                                                                                          | 12                                                                                                                      | 13                                                                                                                   | 14                                                                                                                         |
| Moroccan Lemon Chicken<br>Green Beans<br>Lentil & Garbanzo<br>Bean Soup<br>Brown Rice Pilaf<br>Mandarin Oranges<br>Milk | Beef Tips w/ Gravy<br>Garlic Whipped Potatoes<br>Carrots<br>Whole Wheat Bread<br>Diced Pears<br>Milk<br>Jelly                                                               | Mediterranean Potato<br>Crusted Pollock<br>Cauliflower<br>Broccoli Cream Soup<br>Brown Rice Pilaf<br>Applesauce<br>Milk | Pork al Pastor<br>Onion & Cilantro<br>Black Beans<br>Whole Wheat Tortilla<br>Mandarin Oranges &<br>Pineapple<br>Milk | Carne Asada (Beef)<br>Mixed Vegetable Blend<br>Diced Potatoes<br>Whole Wheat Tortilla<br>Mandarin Oranges<br>Milk          |
| 17                                                                                                                      | 18                                                                                                                                                                          | 19                                                                                                                      | 20                                                                                                                   | 21                                                                                                                         |
| Pesto Tilapia Fish<br>Capri Vegetable Blend<br>Tomato Cream Soup<br>*Orzo Pasta<br>Mandarin Oranges<br>Milk             | Turkey Breast w/ Gravy<br>Mashed Potatoes<br>Green Beans w/ Corn<br>Whole Wheat Roll<br>Applesauce<br>Milk<br>Margarine                                                     | Pork Carnitas<br>w/ Salsa Verde<br>Pinto Beans<br>Vegetable Soup<br>Spanish Brown Rice<br>100% Orange Juice<br>Milk     | Beef & Broccoli Stir Fry<br>Carrots & Lima Beans<br>Brown Rice<br>Applesauce<br>Milk                                 | Provencale Chicken<br>Potato Wedges<br>California Vegetable Blend<br>Whole Wheat Roll<br>Fresh Banana<br>Milk<br>Margarine |
| 24                                                                                                                      | 25                                                                                                                                                                          | 26                                                                                                                      | 27                                                                                                                   | 28                                                                                                                         |
| Piccata Pork Loin<br>Country Vegetable Blend<br>Kale Soup<br>Seasoned WG Penne<br>Mandarin Oranges<br>Milk              | Beef Pizza Casserole<br>Parslied Carrots<br>Broccoli & Red Peppers<br>Whole Wheat Bread<br>Applesauce<br>Milk<br>Margarine, Parmesan                                        | Vera Cruz Pollock<br>Mixed Vegetable Blend<br>Black Bean Soup<br>Brown Rice<br>Mandarin Oranges<br>Milk                 | Pork Stir Fry<br>Green Peas w/ Red Peppers<br>Carrot Cucumber Salad<br>Cilantro Brown Rice<br>Applesauce<br>Milk     | Tandoori Chicken<br>Curried Lentils<br>*Mini Garlic Naan<br>Mandarin Oranges<br>Milk                                       |
| 31                                                                                                                      |                                                                                                                                                                             |                                                                                                                         |                                                                                                                      |                                                                                                                            |
| Chicken Teriyaki<br>Broccoli<br>Carrot Soup<br>Whole Grain Garlic Noodles<br>Diced Pears<br>Milk                        |  SAN FRANCISCO HUMAN SERVICES AGENCY<br>Department of Disability<br>and Aging Services |                                                                                                                         |                                                                                                                      |                                                                                                                            |
|                                                                                                                         |  TRIO<br>Community Meals<br>an elior company                                           |                                                                                                                         |                                                                                                                      |                                                                                                                            |