



on LOK[®]
where seniors embrace life

30th Street Senior Center **September 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	 4
	Baked Chicken w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Bread Fresh Apple Milk Margarine	Pork Carnitas w/ Salsa Verde Pinto Beans Vegetable Soup Spanish Brown Rice Applesauce Milk	Beef & Broccoli Stir Fry Carrots & Lima Beans Brown Rice Fresh Apple Milk	<i>Labor Day Meal</i> Hamburger Lettuce & Tomato Tater Gems Carrots WW Hamburger Bun Fresh Orange Milk Fig Newton Cookie Ketchup & Mustard
7	8	9	10	11
Closed for Labor Day	Beef Pizza Casserole Parslied Carrots Broccoli & Red Peppers Whole Wheat Bread Applesauce Milk	Salmon Patty w/ Lemon Rosemary Sauce Mixed Vegetable Blend Black Bean Soup Brown Rice Fresh Orange Milk	Tofu Stir Fry Green Peas w/ Red Peppers Carrot Cucumber Salad Cilantro Brown Rice Fresh Apple Milk	Tandoori Chicken Curried Lentils Cauliflower *Mini Garlic Naan Applesauce Milk
14	15	16	17	 18
Chicken Teriyaki Broccoli Red Pepper Bisque WG Garlic Noodles Fresh Pear Milk	Herb Glazed Beef Roast Lemon Garlic Green Beans Whole Grain Spaghetti Mandarin Oranges Milk	Tomatillo Chicken Thigh Black Beans Corn Chowder Soup Brown Rice Fresh Orange Milk	Beef Stew Broccoli Barley Pilaf Tropical Fruit Milk	<i>Hispanic Heritage Month Meal</i> Cheese Tamale Pinto Beans Mexican Corn Fresh Orange Milk Mexican Chocolate Pudding
21	22	23	24	25
Ginger Pepper Beef Carrots Lentil Soup WG Garlic Noodles Fresh Orange Milk	Creole Tilapia Mixed Vegetable Blend Brussels Sprouts *Spiced White Rice Fresh Pear Milk	Mango BBQ Chicken Summer Vegetable Blend Barley Vegetable Soup Brown Rice Fresh Orange Milk	Pork Chile Verde Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk	Creamy Garlic Chickpeas Garden Vegetable Blend Brown Rice Tropical Fruit Milk
28	29	30		
Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Apple Milk	Vegetarian Kofta Meatballs Roasted Red Potatoes Capri Vegetable Blend Lima Beans *Mini Garlic Naan Fresh Orange Milk	Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Pineapple Tidbits Milk	 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services  TRIO Community Meals an elior company	

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.