225 30th Street, San Francisco, CA 94131 (415) 550-2210 Congregate

on LOK® where seniors embrace life | 30th Street Senior Center November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ginger Pepper Beef Carrots Lentil Soup WG Garlic Noodles Fresh Orange Milk	**3** Creole Tilapia Mixed Vegetable Blend Brussels Sprouts *Spiced White Rice Fresh Pear Milk	**4** Mango BBQ Chicken Summer Vegetable Blend Barley Vegetable Soup Brown Rice Fresh Orange Milk	**5** Pork Chile Verde Pinto Beans Fiesta Vegetable Blend Whole Wheat Tortilla Fresh Apple Milk	**6** Creamy Garlic Chickpeas Garden Vegetable Blend Brown Rice Tropical Fruit Milk
9 Cilantro Lime Tilapia Fish Corn w/ Bell Peppers California Vegetable Soup Brown Rice Fresh Apple Milk	**10** Vegetarian Kofta Meatballs Roasted Red Potatoes Capri Vegetable Blend Lima Beans *Mini Garlic Naan Fresh Orange Milk	**11** Chicken Mole Whole Kernel Corn Kale Soup Herbed Brown Rice Pineapple Tidbits Milk	**12** Beef Ropa Vieja Green Peas & Carrots Cilantro Brown Rice Mixed Fruit Milk	**13** Chicken Tahitian California Vegetable Blend Tossed Salad w/ Dressing WG Sesame Noodles Fresh Pear Milk
16 Moroccan Lemon Chicken Green Beans Lentil & Garbanzo Bean Soup Brown Rice Pilaf Fresh Orange Milk	**17** Beef Tips w/ Gravy Cheesy Chive Potatoes Carrots Whole Wheat Bread Fresh Banana Milk	**18** Mediterranean Potato Crusted Pollock Cauliflower Broccoli Cream Soup Brown Rice Pilaf Fresh Apple Milk	**19** Pork al Pastor w/ Onion & Cilantro *Spiced White Rice Black Beans Whole Wheat Tortilla Mandarin Oranges Milk	**20** Carne Asada (Beef) Mixed Vegetable Blend Diced Potatoes Whole Wheat Tortilla Fresh Orange Milk
23 Turmeric Tilapia Fish Capri Vegetable Blend *Orzo Pasta Fresh Orange Milk	**24** Baked Chicken w/ Gravy Mashed Potatoes Green Beans w/ Corn Whole Wheat Bread Fresh Apple Milk Margarine	**25** *Thanksgiving Meal* Roast Turkey w/ Gravy Mashed Potatoes Green Bean Casserole Kings Hawaiian Roll Cranberry Juice Milk Margarine Glazed Pumpkin Cake Apple	**26** Closed for Thanksgiving Day	**27** Closed for Day After Thanksgiving
30 Piccata Pork Loin Country Vegetable Blend Kale Soup Seasoned WG Penne Mandarin Oranges 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.