

SOUTHWEST COMMUNITY CORPORATION
NUTRITIOUS MEAL (DINNER)
 Monday-Friday, 12p-1p
 Saturday, 12:30p-1:30p

April 2025

Food allergic reaction please call 911
Food Safety Manager (415) 586-8020



RD recommends to provide nutrition education on vitamin D due to current menu cycle does not meet > 1/3 RDI on Vit. D. Written Vitamin D material will be distributed to meal site clients.



***Rich in Vitamin A, +Rich in Vitamin C / All meals come with 8 oz. carton of 1% milk.**

MON		TUE		WED		THU		FRI		SAT	
Chef's Special		Latin Inspired		Soul Food		Asian Inspired		Seafood		Sandwich	
1		2		3		4		5			
		Pollo a la Brasa (Rotisserie Chicken)		Beef Meatloaf		Grill Chicken		Sauteed Shrimp		Chicken Salad	
		Refried Beans		Mustard Greens+*		Bok Choy*+		Green Beans/Carrots		Lettuce/Tomatoe	
		Spinach+* Salad w/ Tomatoes		Mashed Potatoes		Yellow Squash		Garden Salad		Greek Salad	
		Fruit Cup (Apple)		Fresh Fruit (Apple)		Fruit cup (Tropical)		Fresh Fruit-Citrus+		Orange	
		Corn Tortilla		WW Roll		Brown Rice		Whole Wheat Pasta		WW Cracker	
(94132, 94127, 94112) 11p-1pm FRESH FRUIT (ALL ZIPCODES), 12p-1p											
7		8		9		10		11		12	
	Chicken Pattie		Peruvian Beef Stew		Cornish Hens		Asian Honey Baked Chicken		Pescado Sudado (Steam Fish)		Roast Beef Sandwich
	Roasted Potatoes		Carrots, Peas & Raisin		Vegetable Medley		Peas & Carrots		Green Beans		Lettuce/Tomatoe
	3 Bean Salad		Peppers & Onions		Green Salad		Asian Coleslaw		Green Salad		Cole Slaw
	Citrus Fruit+		Fruit Cup (Pineapple Chunks+)		Fresh Fruit (Pears)		Banana		Fresh Fruit (Orange+)		Pears
	Wheat Roll		Brown Rice		Whole Wheat Noodles		Chow Mein		Fettucini		Whole Wheat Bread
(94132, 94127, 94112) 11p-1pm DAIRY/GRAIN (ALL ZIPCODES), 12p-1p											
14		15		16		17		18		19	
	Sliced Turkey		Enchilada Pie (Chicken)		Beef Stew		Chicken Fried Rice		Baked Fish		Turkey
	Mashed Potatoes		Refried Beans		Asparagus		Stirfry Veg (Broccoli)		Yam +*		Lettuce/Tomatoe
	Carrot & Raisin Salad		Coleslaw		Boiled Potatoes		Green Salad w/ tomato		Green Beans		Potatoe Salad
	Fresh Fruit (Orange+)		Fruit Cup (Can Peaches)		Fresh Fruit (Mandarins+)		Fruit Cup (Fruit Cocktail)		Fresh Fruit (Apple)		Fruit Cup-Pineapple
	Wheat Roll		WW Tortilla		Cornbread		Brown Rice		Wheat Roll		WW Bread
(94132, 94127, 94112) 11p-1pm FRESH VEGETABLES (ALL ZIPCODES), 12p-1p											
21		22		23		24		25		26	
	Chicken Pattie		Arroz con Pollo		Spaghetti & Meat Sauce		Chicken Thigh Meat		Blackened Shrimp		Roast Beef
	Spinach+		Black Beans		Mustard Green+		Asian Vegetable Blend		Red Beans		Lettuce/Tomatoe
	Coleslaw+*		Green Salad (Rad, Cab, Car)		Marinated Vegetable Salad		Cucumber & Tomatoe Salad		Brussel Sprouts		Cucumber Salad
	Fresh Fruit (Apple)		Citrus Fruit+		Fresh Fruit (Pear)		Orange+		Fresh Fruit (Banana)		Apple
	Brown Rice		Spanishs Rice		WW Rol;		WW Noodles		Brown Rice		WW Bread
(94132, 94127, 94112) 11p-1pm PROTEIN (Meat/Legumes) (ALL ZIPCODES), 12p-1p											
28		29		30							
	Oven Roasted Chicken		Seco De Carne (Cilantro Beef Stew)		Turkey Wings						
	Peas		Green Peas/Carrots		Black Eyed Peas						
	Green salad w/ Carrots		Carrots, Cilantro & Peppers		Collard Greens						
	Fresh Fruit (orange+)		Fruit Cup (Citrus+)		Fresh Fruit (Banana)						
	WW Cornbread		Brown/White Rice		Brown Rice						
(94132, 94127, 94112) 11p-1pm NO DISTRIBUTION (ALL ZIPCODES), 12p-1p											