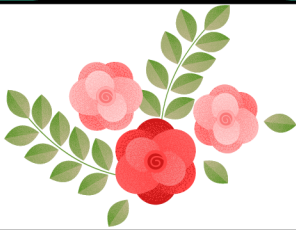
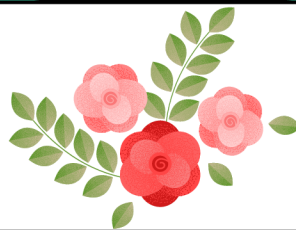




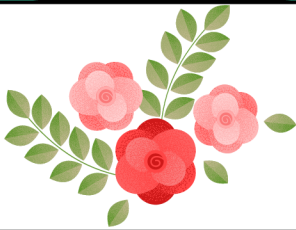
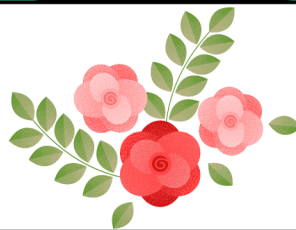
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Chicken Alfredo Pasta Bake Chicken Breast, Parmesan Cheese Olive Oil, Dried Basil Broccoli Lemon Jello	Zucchini & Bell Pepper Frittata Bechamel Sauce Steamed Green Beans Beet and Romaine salad Peach Cup	Grilled Chicken Roasted Potatoes Corn WW Roll or Bread Pears
Chicken Stew (Chicken, Peas, Carrots, Potatoes) Brown Rice Mixed Greens & Beet Slices Apple Slices agave Syrup	Pork in Green Sauce Black Beans Brown Rice Orange	Meatloaf Steamed Green Beans Roasted Potatoes WW Bread Orange Jello	Chicken Soup Potatoes, Cabbage, Carrot Corn Tortillas (2) Pineapple Cup	Grilled Fish With Garlic & Spices Sweet Potato Pickled Cabbage Tropical Fruit Cup	Beef Tacos with Lettuce, Tomato and Cheese Pinto Beans Corn Tortillas (2) Orange
Grilled Chicken Roasted Potatoes Steamed Corn WW Roll or Bread Pears	Zucchini & Bell Pepper Frittata Bechamel Sauce Steamed Green Beans Beet and Romaine salad Peach Cup	Mexican Casserole Ground Beef, Corn, Cheese and Tortilla Pinto Beans, Pico de Gallo Pears Cup	Grilled Fish With Garlic & Spices Sweet Potato Pickled Cabbage Tropical Fruit Cup	Chicken Salad Sandwich Carrot and Zucchini Soup WW Bread (2) peach cup	Picadillo (Beef with mixed Vegetables) Brown Rice Beans Orange
Veggie Casserole Zucchini, Carrot, Olive, Spinach, Cheese and Tortilla, Black Beans Mixed Greens Tomato Salad Pear Cup	Beef Chili Ground Beef with Beans and Celery Cornbread Tropical Fruit Cup	Pulled Pork Roasted Potatoes and Carrots Quinoa w/ Peas and Carrots Applesauce	Beef Tostadas Lettuce, Tomato and Cheese Pinto Beans Corn Tostada (2) Fresh Mixed Berry Cup	Zucchini & Bell Pepper Frittata Bechamel Sauce Steamed Green Beans Beet and Romaine salad Peach Cup	Pork in Green Sauce Black Beans Brown Rice Orange
CLOSED MEMORIAL DAY	Chicken Paella Chicken, Sausage, Tomatoes, Peas, Brown Rice & Saffron Roasted Brussel Sprouts Peach Slices	Grilled Fish Tacos Corn, Tomato, Onions and Cilantro Relish Cole Slaw Corn Tortilla (2) Banana	Pork Posole Pork, Hominy, Mild Red and Green Chile, Cabbage, Radish and Onion. Corn Tostada (2) Pineapple Cup	Hamburger Beef Patty with Lettuce, Tomato, Onion and Cheese Potato Salad Melon Slices	Creamy Chicken and Potato Soup Chicken with diced Potatoes, Carrot and Corn, Dried Chives Apricot Cup

****CLSF menu items may contain major food allergens. Please check-in with staff regarding menu item components.**

****Some food items may not be available and a substitution may need to be made.**

This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services.



Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
			Pasta Alfredo Horneadal Pollo, Pasta Rotini, Queso Parmesano, Aceite de Oliva, Albahaca Seca Brocoli Gelatina de Limon	Fritata de Calabaza y 2 Chile Dulce Chile Rojo & Verde Dulce, Salsa Bechamel, Ejotes al vapor, Ensalada de remolacha Taza de Durazno	Pollo al Horno 3 Papas Rostizadas Maíz al vapor Pan de trigo Taza de Mandarina
Estofado de Pollo 5 (Pollo, Guisantes, Zanahoria, Papa) Arroz integral Ensalada Mixta & Remolacha Rodajas de manzana c/agave	Puerco en Salsa Verde 6 Frijoles Negros, Arroz integral Taza de Durazno	Pastel de Carne 7 Ejotes verdes al vapor y Papas rostizadas Pan WW Gelatina de Naranja	Sopa de Pollo 8 Papas, Repollo y Zanahoria Tortilla de Maiz (2) Taza de piña	Pescado al Horno con 9 Ajo y Especies Camote Repollo en vinagre Taza de Fruta Tropical	Tacos de Carne 10 Carne de Res, Lechuga, Tomate y Queso Frijoles Pintos Tortillas de maíz (2) Naranja
Pollo al Horno 12 Papas Rostizadas Maíz al vapor Pan de trigo Taza de Mandarina	Fritata de Calabaza y 13 Chile Dulce Chile Rojo y Verde Dulce, Salsa Bechamel, Ejotes al vapor, Ensalada de remolacha Taza de Durazno	Cacerola Mexicana 14 Carne Molida, Elote, Queso, Tortilla, Frijol Pinto, Pico de Gallo Taza de Pera	Pescado al Horno con 15 Ajo y Especies Camote Repollo en vinagre Taza de Fruta Tropical	Sándwich de Ensalada 16 de Pollo Sopa de Zanahoria y Calabacín Pan Integral (2) Taza de Durazno	Picadillo 17 (Carne Molida con Vegetales Mixtos) Arroz integral Frijoles pintos Naranja
Cacerola Vegetariana 19 Calabaza, Zanahoria, Olivo, Espinaca, Queso y Tortilla, Frijoles Negros Ensalada Mixta con Tomate Taza de Pera	Chile Con Carne 20 (Carne Molida con Frijoles y Apio) Pan de Maiz Taza de Fruta Tropical	Puerco Desmenuzado 21 Papa y Zanahoria Rostizada Quinoa con Zanahorias y Guisantes Pure de Manzana	Tostadas de Carne 22 Lechuga, Tomate y Queso Frijoles Pintos Tostadas de Maíz (2) Taza de Bayas Mixtas	Fritata de Calabaza y 23 Chile Dulce Chile Rojo & Verde Dulce, Salsa Bechamel, Ejotes al vapor, Ensalada de remolacha Taza de Durazno	Puerco en Salsa Verde 24 Frijoles Negros, Arroz integral Taza de Durazno
CLOSED 26 MEMORIAL DAY	Paella de Pollo 27 Pollo, Salchicha, Tomate y Guisantes, Arroz Integral con Azafran Coles Rostizadas Taza de Durazno	Tacos de Pescado a la 28 Parrilla Elote, Tomate, Cebolla y Cilantro, Ensalada de Col, Tortilla de Maíz (2), Plátano	Pozole de Puerco 29 Puerco, Maiz, Chile Rojo y Verde dulce, Repollo, Rabano, Cebolla, Tostadas de Maiz (2) Taza de Piña	Hamburguesas 30 Carne de Hamburguesa con Lechuga, Tomate, Cebolla y Queso Ensalada de papa Rodajas de melón	Crema de Pollo y Papas 31 Pollo, Papas Zanahorias y Maíz Cebollines Tasa de Albarico

****El menú de CLSF puede contener alérgenos alimentarios. Por favor pregunta a un miembro del personal sobre los contenidos del menú.****

****Algunos alimentos no estarán disponibles y una sustitución será requerida.****