

# CENTRO LATINO de SAN FRANCISCO

EST. 1985

Community inspired nutrition and supportive services



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability and Aging Services

1656 15th St. SF, CA 94103

For more information 415-861-8758

# June 2026

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

|  |   |  |  |   |   |
|--|---|--|--|---|---|
| <b>Grilled Chicken</b><br>Roasted Potatoes<br>Steamed Corn<br>WW Roll or Bread<br>Pears Cup                            | <b>Meatballs Soup</b><br>Carrots, Diced Celery, Yellow Squash and tomato<br>Corn Tortillas (2)<br>Banana                    | <b>Grilled Fish with Garlic &amp; Spices</b><br>Sweet Potatoes<br>Pickled Cabbage<br>Tropical Fruit  | <b>Mexican Casserole</b><br>Ground Beef, Tortilla, Corn and Cheese<br>Black Beans<br>Pico de Gallo<br>Orange                 | <b>Roasted Veggie &amp; Pesto Sandwich</b><br>melted low fat mozzarella, fresh arugula & basil pesto<br>Carrot & Zucchini Soup<br>WW Bread Slice (2)<br>Raspberry Jello | <b>Pulled Pork</b><br>Roasted Potatoes<br>Quinoa with Peas and Carrots<br>WW Roll<br>Apple Sauce                  |
| <b>Egg Fried Rice</b><br>Seasonal Vegetable, Brown Rice<br>Fresh Steamed Broccoli<br>Peach Cup                         | <b>Beef Chili</b><br>Ground Beef with Beans, Celery in tomato paste<br>Collared Greens and Corn Bread<br>Tropical Fruit Cup | <b>Pulled Pork</b><br>Roasted Potatoes<br>Quinoa with Peas and Carrots<br>WW Roll<br>Apple Sauce   | <b>Beef Tostada</b><br>Beef, lettuce, Tomato and Cheese, Pinto Beans<br>WW Corn Tostada (2)<br>Orange                        | <b>Minestrone Chicken Soup</b><br>Chicken, Carrot, green, beans, pasta, celery, tomato, zucchini<br>Oyster Cracker<br>Melon or Fresh Fruit                              | <b>Grilled Fish with Garlic &amp; Spices</b><br>Brown Rice<br>Pickled Cabbage<br>Tropical Fruit                   |
| <b>WW/Spaghetti with Meat Red Bell Pepper Sauce</b><br>Spinach & Orange Salad<br>Pineapple Cup                         | <b>Chicken Paella</b><br>Chicken Sausage, WW/Brown Rice and Saffron Seasoning, Cucumber and tomato Salad<br>Peach Cup       | <b>Grilled Fish Tacos</b><br>Corn, Tomato, Onions and cilantro relish, Col Slaw<br>Corn Tortilla (2)<br>Banana   | <b>Pork Posole</b><br>Pork, Hominy, Mild Red and Green Chile<br>Cabbage, Radish, Onion<br>Corn Tostadas (2)<br>Pineapple Cup | <b>Meatloaf</b><br>Mashed Potatoes, Steamed Green Beans and Yellow Squash<br>WW Bread (1)<br>Lime Jello/Orange  | <b>Creamy Chicken and Potato Soup</b><br>Chicken with diced Potatoes carrots and corn dried chives<br>Apricot Cup |
| <b>Pesto Chicken Penne Pasta</b><br>Spring Mix Salad with Cherry Tomatoes<br>Fresh Fruit in Season                     | <b>Tuna Sandwich</b><br>Sausage Chicken Lentil soup<br>WW Bread Slice (2)<br>Mandarin Cup                                   | <b>Chicken Tortilla Soup</b><br>Chicken, Carrot and Zucchini<br>Tortilla Chips and Cilantro<br>Melon Cup   | <b>Pork in Green Sauce</b><br>Black Beans<br>Brown Rice<br>Lemon Jello   | <b>Fish Tostadas</b><br>Corn, Tomato, Onions and cilantro relish, Col Slaw<br>Corn Tostada (2)<br>Banana  | <b>Chicken in BBQ</b><br>Potatoes Salad<br>Steamed Corn<br>Pineapple + Chunks                                     |
| <b>Spinach Souffle</b><br>Cheese, Eggs, Spinach and Zucchini<br>Brown Rice<br>Lettuce & three Beans Salad<br>Peach Cup | <b>Beef Soup</b><br>Beef, Carrots, Cabbage, Potatoes with Corn on the Cobb<br>Corn Tortilla (2)<br>Melon Cup                | <b>Made fresh daily:</b> <ul style="list-style-type: none"> <li>• Aguas Frescas (Juices made with fresh fruit)</li> <li>• Freshly made salad dressings</li> </ul> <b>Prepared by CLSF Staff: Yulissa</b> |  |   |   |

**\*\*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   |
|--|---|---|---|---|--|
| <b>Pollo al Horno</b> <sup>1</sup><br>Papas Rostizadas<br>Maiz al Vapor<br>Pan de Trigo<br>Copa de Pera  | <b>Sopa de albóndigas</b> <sup>2</sup><br>Zanahorias, Apio en cubos, Calabacín y Tomate<br>Tortillas de maíz (2)<br>Banana                  | <b>Pescado al Horno con ajo y especias</b> <sup>3</sup><br>Camotes<br>Repollo encurtido,<br>Copa de frutas tropicales                 | <b>Cacerola Mexicana</b> <sup>4</sup><br>Carne Molida, Elote, Queso, Tortilla, Frijol Pinto, Pico de gallo<br>Naranja   | <b>Sandwich de Vegetales Rostizados y Pesto</b> <sup>5</sup><br>mozzarella, rucula y pesto,<br>Sopa de Zanahoria y calabacin<br>pan integral (2)<br>Gelatina de Fresa | <b>Puerco Deshebrado</b> <sup>6</sup><br>Patatas asadas,<br>Quinoa con guisantes y zanahorias<br>Copa de puré de manzana                   |
| <b>Arroz Frito al Estilo Oriental con Huevo y Vegetales</b> <sup>8</sup><br>Salteados de la temporada, brocoli fresco al vapor<br>Copa de Durazno            | <b>Chile Con Carne</b> <sup>9</sup><br>Carne Molida, Frijoles, Apio en Salsa de Tomate, col rizada<br>Pan de Maiz<br>Taza de Fruta Tropical | <b>Puerco Deshebrado</b> <sup>10</sup><br>Patatas asadas,<br>Quinoa con guisantes y zanahorias<br>Copa de puré de manzana             | <b>Tostadas de Carne</b> <sup>11</sup><br>Carne de Res, Lechuga, tomate y queso.<br>frijoles pintos.<br>Tostadas de maíz (2)<br>Naranja   | <b>Sopa de Pollo Minestrone</b> <sup>12</sup><br>Zanahoria, ejote, apio, tomate, calabacin,<br>Galletas saladas<br>Melon o fruta fresca                               | <b>Pescado al Horno con ajo y especias</b> <sup>13</sup><br>Arroz integral<br>Repollo encurtido,<br>Copa de frutas tropicales              |
| <b>WW/Espaguetti con Carne en Salsa de Chile Rojo Dulce</b> <sup>15</sup><br>Ensalada de Espinaca con Naranja<br>Taza de Piña                                | <b>Paella de Pollo</b> <sup>16</sup><br>Pollo, Salchicha, Tomate y Chicharos<br>Arroz integral con Azafran<br>Copa de Durazno               | <b>Tacos de Pescado</b> <sup>17</sup><br>Elote, Tomate, Cebolla y Cilantro<br>Ensalada de Col<br>Tortilla de maíz (2)<br>Banana       | <b>Pozole de Puerco</b> <sup>18</sup><br>Puerco, maiz, chile rojo y verde dulce, repollo, rabajo y cebolla<br>Tostadas de maíz (2)<br>Taza de Piña  | <b>Pastel de Carne</b> <sup>19</sup><br>Ejotes verdes al vapor, calabazas amarilla y papas rostizadas<br>Pan WW (2)<br>Gelatina de Limon                              | <b>Crema de Pollo y Papa</b> <sup>20</sup><br>Pollo, Papas, Zanahorias, maiz y cebollines.<br>Galleta de Ostras (2)<br>Taza de Albaricoque |
| <b>Pasta Penne con Pollo al Pesto</b> <sup>22</sup><br>Ensalada primavera con tomate Cherry<br>Fruta Fresca de temporada                                     | <b>Sandwich de atun</b> <sup>23</sup><br>Sopa de lentejas con salchicha de pollo<br>Pan integral (2)<br>Copa de mandarina                   | <b>Sopa de tortilla con pollo</b> <sup>24</sup><br>Pollo con zanahoria y calabacín<br>Totopos de tortilla y cilantro<br>Copa de Melon | <b>Puerco en Salsa Verde</b> <sup>25</sup><br>Frijol Negro,<br>Arroz integral<br>Gelatina de Limon  | <b>Tostadas de Pescado</b> <sup>26</sup><br>Elote, tomate, cebolla y cilantro. Ensalada de Col<br>Tostadas de maíz (2)<br>Banana                                      | <b>Pollo a la Barbacoa</b> <sup>27</sup><br>Ensalda de papas ejote al vapor<br>WW/Rodaja de pan<br>Copa de Piña                            |
| <b>Soufflé de Espinacas</b> <sup>29</sup><br>Queso, Huevos, Espinacas y calabacín.<br>Ensalada de lechuga y Tres frijoles, Arroz integral<br>Copa de durazno | <b>Sopa de Res</b> <sup>30</sup><br>Papas, Repollo, Elote y Zanahoria<br>Tortilla de Maiz (2)<br>Taza de Melon                              |   | <p><b>Preparado Diario con Ingredientes fresco:</b></p> <ul style="list-style-type: none"> <li>• Aguas Frescas (Jugos hechos con frutas frescas)</li> <li>• Aderezos para ensaladas recién hechos</li> </ul> <p><b>Preparado por CLSF Personal: Yulissa</b></p> |   |  |

**\*\*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.\*\***