

# 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

<p><b>Grilled Chicken</b> <sup>1</sup> Roasted Potatoes Steamed Corn WW Roll or Bread Pears Cup</p>	<p><b>Meatballs Soup</b> <sup>2</sup> Carrots, Diced Celery, Yellow Squash and tomato Corn Tortillas (2) Banana</p>	<p><b>Grilled Fish with Garlic &amp; Spices</b> <sup>3</sup> Sweet Potatoes Pickled Cabbage Tropical Fruit</p>	<p><b>Mexican Casserole</b> <sup>4</sup> Ground Beef, Tortilla, Corn and Cheese Black Beans Pico de Gallo Orange</p>	<p><b>Roasted Veggie &amp; Pesto Sandwich</b> <sup>5</sup> melted low fat mozzarella, fresh arugula &amp; basil pesto Carrot &amp; Zucchini Soup WW Bread Slice (2) Raspberry Jello</p>	
<p><b>Egg Fried Rice</b> <sup>8</sup> Seasonal Vegetable, Brown Rice Fresh Steamed Broccoli Peach Cup</p>	<p><b>Beef Chili</b> <sup>9</sup> Ground Beef with Beans, Celery in tomato paste Collared Greens and Corn Bread Tropical Fruit Cup</p>	<p><b>Pulled Pork</b> <sup>10</sup> Roasted Potatoes Quinoa with Peas and Carrots WW Roll Apple Sauce</p>	<p><b>Beef Tostada</b> <sup>11</sup> Beef, lettuce, Tomato and Cheese, Pinto Beans WW Corn Tostada (2) Orange</p>	<p><b>Minestrone Chicken Soup</b> <sup>12</sup> Chicken, Carrot, green, beans, pasta, celery, tomato, zucchini Oyster Cracker Melon or Fresh Fruit</p>	
<p><b>WW/Spaghetti with Meat Red Bell Pepper Sauce</b> <sup>15</sup> Spinach &amp; Orange Salad Pineapple Cup</p>	<p><b>Chicken Paella</b> <sup>16</sup> Chicken Sausage, WW/Brown Rice and Saffron Seasoning, Cucumber and tomato Salad Peach Cup</p>	<p><b>Grilled Fish Tacos</b> <sup>17</sup> Corn, Tomato, Onions and cilantro relish, Col Slaw Corn Tortilla (2) Banana</p>	<p><b>Pork Posole</b> <sup>18</sup> Pork, Hominy, Mild Red and Green Chile Cabbage, Radish, Onion Corn Tostadas (2) Pineapple Cup</p>	<p><b>Meatloaf</b> <sup>19</sup> Mashed Potatoes, Steamed Green Beans and Yellow Squash WW Bread (1) Lime Jello/Orange</p>	
<p><b>Pesto Chicken Penne Pasta</b> <sup>22</sup> Spring Mix Salad with Cherry Tomatoes Fresh Fruit in Season</p>	<p><b>Tuna Sandwich</b> <sup>23</sup> Sausage Chicken Lentil soup WW Bread Slice (2) Mandarin Cup</p>	<p><b>Chicken Tortilla Soup</b> <sup>24</sup> Chicken, Carrot and Zucchini Tortilla Chips and Cilantro Melon Cup</p>	<p><b>Pork in Green Sauce</b> <sup>25</sup> Black Beans Brown Rice Lemon Jello</p>	<p><b>Fish Tostadas</b> <sup>26</sup> Corn, Tomato, Onions and cilantro relish, Col Slaw Corn Tostada (2) Banana</p>	
<p><b>Spinach Souffle</b> <sup>29</sup> Cheese, Eggs, Spinach and Zucchini Brown Rice Lettuce &amp; three Beans Salad Peach Cup</p>	<p><b>Beef Soup</b> <sup>30</sup> Beef, Carrots, Cabbage, Potatoes with Corn on the Cobb Corn Tortilla (2) Melon Cup</p>		<p><b>Made fresh daily:</b></p> <ul style="list-style-type: none"> <li>• Aguas Frescas (Juices made with fresh fruit)</li> <li>• Freshly made salad dressings</li> </ul> <p><b>Prepared by CLSF Staff: Yulissa</b></p>		

**\*\*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.**