



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Made fresh daily: • Aguas Frescas (Juices made with fresh fruit) • Freshly made salad dressings Prepared by CLSF Staff: Yulissa		1 Pesto Chicken Penne Pasta Spring Mix Salad with Cherry Tomatoes Orange	2 Chicken Tortillas Soup Chicken , Carrot and Zucchini Tortillas Chips and Cilantro Melon Cup	3
Vegetarian Casserole 5 Zucchini, spinach, olives, carrots, corn tortilla and cheese Mixed greens and beet salad Orange	Beef Tacos 6 Beef, lettuce, Tomato and Cheese Pinto Beans Corn Tortillas (2) Tropical Fruit Cup	Pork in Green Sauce 7 Peas And Carrots Brown Rice Melon Cup	Black Bean Tostadas with 8 Chicken Chicken, Black beans, Shredded romaine, tomatoes, fresh cilantro Apple slices with light agave	9 Tuna Sandwich Carrot and Zucchini soup WW Bread (2) Mandarin Cup	10
Meatball Soup 12 Carrots, Diced Celery, Yellow Squash and Tomato Corn Tortillas (2) Pineapple	Chicken Tacos 13 Chicken, lettuce, tomato and cheese Pinto Beans Corn Tortillas (2) Orange	14 Chicken and Egg Fried Rice Seasonal Vegetables, Brown Rice Fresh Steamed Broccoli Peach Cup	15 Italian White Bean Soup Bacon Corn Tortillas (2) Peach Cup	16 Crispy Fried Fish Garlic & Spices Pickled Cabbage Whole Wheat Bread Tropical Fruit Cup	17
Roasted Veggie & Turkey 19 and Pesto Sandwich Melted low fat mozzarella, Fresh arugula and basil pesto Chickpea Salad WW/Bread Slice (2) Orange	Carnitas Tacos 20 Pork, lettuce, tomato and cheese Pinto Beans Corn Tortillas (2) Mandarin Cup	21 Meatloaf Mashed Potatoes Fresh Steamed Broccoli WW Bread Lime Jello/Tropical Fruit	22 Crispy Fried Fish Garlic & Spices Sweet Potatoes Pickled Cabbage Melon Slices	23 Mexican Casserole Ground Beef,Tortillas, Corn and Cheese Black Beans Pico de Gallo Lemon Jello/Pinrapple	24
26 Chicken Salad Sandwich Lentil Soup WW Bread (2) Orange	Grilled Fish Tacos 27 Corn, Tomato, Onions and cilantro, relish, Col Slaw Corn Tortilla (2) Pineapple Cup	Diced Pork in Red Sauce 28 Roasted Potatoes and Carrots Quinoa with Peas & Carrots WW Bread Apricots Cup	29 Beef Tostadas with Beef, lettuce, Tomato and Cheese) Pinto Beans and WW Tortillas (2) Freh Mixed Berry Cup	Roasted Veggie & Turkey 30 and Pesto Sandwich Melted low fat mozzarella, Fresh arugula and basil pesto Chickpea Salad WW/Bread Slice (2) Orange	31

****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.