



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

September 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	Tuna Sandwich ¹ Sausage Chicken Lentil soup WW Bread Slice (2) Mandarin Cup	Chicken Tortilla Soup ² Chicken, Carrot and Zucchini Tortilla Chips and Cilantro Melon Cup	Pork in Green Sauce ³ Black Beans Brown Rice Lime Jello/Orange	Fish Tostadas ⁴ Corn, Tomato, Onions and cilantro relish, Col Slaw Corn Tostada (2) Banana	⁵
CLOSED ⁷ LABOR DAY DAY	Pulled Pork ⁸ Roasted Potatoes Quinoa with Peas and Carrots WW Roll Apple Sauce	Grilled Fish with Garlic & Spices ⁹ Sweet Potatoes Pickled Cabbage Tropical Fruit	Beef Soup ¹⁰ Beef, Carrots, Cabbage, Potatoes with Corn on the Cobb Corn Tortilla (2) Melon Cup	Chicken Alfredo Pasta Bake ¹¹ Chicken Breast and Parmesan Cheese, Rotini Pasta with Olive oil, Dried Basil, Steamed broccoli Lemon Jello	¹²
Black Bean Tostadas with ¹⁴ Chicken Black beans, Shredded romaine, tomatoes, fresh cilantro Apple Slices W/light agave Syrup	Pork in Green Sauce ¹⁵ Black Beans Brown Rice Melon Cup	Meatloaf ¹⁶ Mashed Potatoes, Steamed Green Beans and Yellow Squash WW Bread (1) Lime Jello/Orange	Italian White Bean Soup ¹⁷ With Chicken Sausage Corn Tortillas (2) Peach Cup	Grilled Fish with Garlic & Spices ¹⁸ Brown Rice Pickled Cabbage Tropical Fruit	¹⁹
Grilled Chicken ²¹ Roasted Potatoes Steamed Corn WW Roll or Bread Pears Cup	Meatballs Soup ²² Carrots, Diced Celery, Yellow Squash and tomato Corn Tortillas (2) Banana	Mexican Casserole ²³ Ground Beef, Tortilla, Corn and Cheese Black Beans Pico de Gallo Orange	Grilled Fish with Garlic & Spices ²⁴ Sweet Potatoes Pickled Cabbage Tropical Fruit	Roasted Veggie & Pesto Sandwich ²⁵ melted low fat mozzarella, fresh arugula & basil pesto Carrot & Zucchini Soup WW Bread Slice (2) Raspberry Jello	²⁶
Beef Chili ²⁸ Ground Beef with Beans, Celery in tomato paste Collared Greens and Corn Bread Tropical Fruit Cup	Egg Fried Rice ²⁹ Seasonal Vegetable, Brown Rice Fresh Steamed Broccoli Peach Cup	Pulled Pork ³⁰ Roasted Potatoes Quinoa with Peas and Carrots WW Roll Apricots Cup	Made fresh daily: • Aguas Frescas (Juices made with fresh fruit) • Freshly made salad dressings Prepared by CLSF Staff: Yulissa		

****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.