



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. SE, CA 94103

For more information 415-861-8758

July 2026

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

**Grilled Fish with
Garlic & Spices**
Sweet Potatoes
Pickled Cabbage
Tropical Fruit

Hamburger patty with Bun
Lettuce, tomato, onions and
cheese
Potatoes Salad
Melon Slices

CLOSED

**INDEPENDENCE
DAY**

**Black Bean Tostadas with
Chicken**
Black beans, Shredded
romaine, tomatoes, fresh
cilantro
Apple Slices W/light agave
Syrup

Pork in Green Sauce
Black Beans
Brown Rice
Melon Cup

Meatloaf
Mashed Potatoes,
Steamed Green Beans and
Yellow Squash
WW Bread (1)
Lime Jello/Orange

Italian White Bean Soup
With
Chicken Sausage
Corn Tortillas (2)
Peach Cup

**Grilled Fish with
Garlic & Spices**
Sweet Potatoes
Pickled Cabbage
Tropical Fruit

Grilled Chicken
Roasted Potatoes
Steamed Corn
WW Roll or Bread
Pears Cup

Meatballs Soup
Carrots, Diced Celery, Yellow
Squash and tomato
Corn Tortillas (2)
Banana

Mexican Casserole
Ground Beef, Tortilla, Corn and
Cheese
Black Beans
Pico de Gallo
Orange

**Grilled Fish with
Garlic & Spices**
Sweet Potatoes
Pickled Cabbage
Tropical Fruit

**Roasted Veggie & Pesto
Sandwich**
melted low fat mozzarella, fresh
arugula & basil pesto
Carrot & Zucchini Soup
WW Bread Slice (2)
Raspberry Jello

Pulled Pork
Roasted Potatoes
Quinoa with Peas and Carrots
WW Roll
Apple Sauce

Beef Chili
Ground Beef with Beans,
Celery in tomato paste
Collared Greens and Corn
Bread
Tropical Fruit Cup

Egg Fried Rice
Seasonal Vegetable,
Brown Rice
Fresh Steamed Broccoli
Peach Cup

Beef Tostada
Beef, lettuce, Tomato and
Cheese, Pinto Beans
WW Corn Tostada (2)
Fresh mixed Berry cup

**Minestrone Chicken
Soup**
Chicken, Carrot, green, beans,
pasta, celery, tomato, zucchini
Oyster Cracker
Melon or Fresh Fruit

**WW/Spaghetti with
Meat Red Bell Pepper
Sauce**
Spinach & Orange Salad
Pineapple Cup

Chicken Paella
Chicken Sausage,
WW/Brown Rice and Saffron
Seasoning, Cucumber and
tomato Salad
Peach Cup

Grilled Fish Tacos
Corn, Tomato, Onions and
cilantro relish,
Col Slaw
Corn Tortilla (2)
Banana

Pork Posole
Pork, Hominy, Mild Red and
Green Chile
Cabbage, Radish, Onion
Corn Tostadas (2)
Pineapple Cup

**Pesto Chicken
Penne Pasta**
Spring Mix Salad with
Cherry Tomatoes
Fresh Fruit in Season

****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.