



CENTRO LATINO de SAN FRANCISCO

EST. 1985

Community inspired nutrition and supportive services


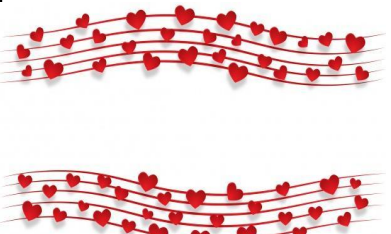
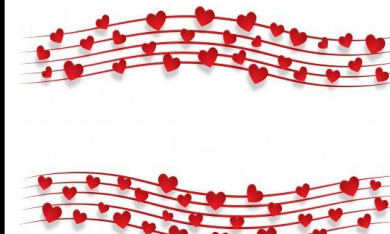


SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

1656 15th St. SF, CA 94103

For more information: 415-861-8758

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Grilled Chicken with Gravy ¹ Roasted Potatoes Corn, WW Bread Mandarin Cup
Pulled Pork ³ Roasted Potatoes Quinoa with Peas & Carrots WW Roll Apricot Cup	Grilled Fish With Garlic & Spices ⁴ sweet Potatoes Pickled Cabbage Tropical Fruit Cup	Beef Soup ⁵ Potatoes, Cabbage, Carrot, corn on the cob Corn Tortillas (2) Pineapple Cup	Chicken Alfredo Pasta Bake ⁶ Chicken breast and parmesan cheese, rotini pasta with olive oil and Dried Basil Lemon Jello	Cauliflower & Bell Pepper Frittata ⁷ Green/Red Bell Peppers Bechamel Sauce Beet Salad, beets, romaine and Peach cup	Beef Tacos ⁸ with Lettuce, Tomato and Cheese Pinto Beans and Tortillas Mandarin Cup
Chicken Stew ¹⁰ (Chicken, Peas, Carrot, Potatoes) Brown Rice Apple Slices w/Light agave Syrup	Pork in Green Sauce ¹¹ Black Beans Brown Rice Peach Cup	Meatloaf ¹² Steamed Green Beans, and Roasted Potatoes WW Bread Orange	Chicken Soup ¹³ Potatoes, Cabbage, Carrot and Corn Tortillas (2) Peach cup	Grilled Fish W/Garlic & Spices ¹⁴ Brown Rice Pickled Cabbage Tropical Fruit Cup	Picadillo ¹⁵ Beef w/vegetables Bell pepper, carrots, potatoes, Brown Rice and black beans Orange
CLOSED ¹⁷ PRESIDENTS' DAY	Meatballs Stroganoff ¹⁸ Beef Meatballs in Gravy Rice Pilaf, Beet and Romaine Salad Banana	Mexican Casserole ¹⁹ Ground Beef, Corn, Cheese and Tortilla Black Beans Pico de Gallo Lemon Jello	Grilled Fish With Garlic & Spices ²⁰ sweet Potatoes Pickled Cabbage Tropical Fruit Cup	Chicken Sandwich ²¹ Sweet Potatoes and Lentil Soup WW bread (2) Peach Cup	Pork in Green Sauce ²² Black Beans Brown Rice Melon Cup
Veggie Casserole ²⁴ Zucchini, Carrot, Olive, Spinach, Cheese and Tortilla, Black Beans Pico de Gallo Lemon Jello	Beef Chili ²⁵ Ground Beef with Beans and Celery in tomato sauce, cornbread Tropical Fruit Cup	Pulled Pork ²⁶ Roasted Potatoes Quinoa with Peas & Carrots WW Roll Apricot Cup	Beef Tostada ²⁷ with Lettuce, Tomato and Cheese refried Pinto Beans and Tortillas Mandarin Cup	Cauliflower & Bell Pepper Frittata ²⁸ Green/Red Bell Peppers Bechamel Sauce Beet Salad, beets, romaine and Pineapple cup	



- ❖ **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.



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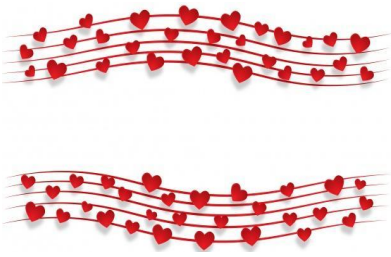
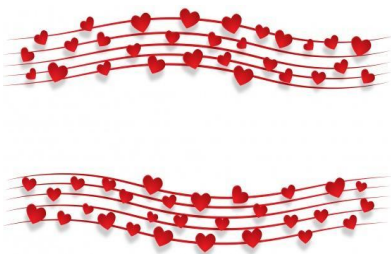


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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
					Pollo al Horno con Salsa Papas rostizadas, elote rodaja de pan taza de mandarina
Puerco Desmenuzado ³ Papas Rostizadas, Quinoa c/zanahorias, Pan (1) Pure de Manzana	Pescado al Horno con Ajo y especias ⁴ Camote Rostizados Repollo en Vinagre Taza de Fruta Tropical	Sopa de Res ⁵ Papas, Repollo y Zanahoria y elote Tortilla de Maiz (2) Taza de Piña	Pasta Alfredo Horneada ⁶ Pollo, pasta rotini, queso parmesano, aceite de oliva, albahaca seca, Gelatina de Limon	Fritata de Coliflor ⁷ Chile rojo & verde dulce, Salsa bechamel, ejotes al vapor, ensalada de remolacha Taza de Durazno	Tacos de Carne ⁸ Carne de Res, Lechuga, tomate y queso, frijoles pintos. Tortillas de maíz (2) Taza de Mandarina
Estofado de Pollo ¹⁰ Pollo, Guisantes, Zanahoria, papa, arroz integral, rodajas de manzana c/agave sin azucar	Puerco en salsa verde ¹¹ Frijol Negro, Arroz integral Taza de Durazno	Pastel de Carne ¹² Ejotes verdes al vapor y papas rostizadas pan WW Naranja	Sopa de Pollo ¹³ Papas, Repollo y Zanahoria Tortilla de Maiz (2) Taza de Durazno	Pescado al Horno ¹⁴ con ajo y especias Arroz integral, Repollo en vinagre, Taza de Frutas Tropical	Picadillo ¹⁵ Carne Molida, Ejote verdes, zanahorias y patatas, Frijoles negros, Arroz integral Taza de Fruta Tropical
CERRADO ¹⁷ DIA DE LOS PRESIDENTES	Albondigas con Salsa Stroganoff ¹⁸ Arroz Integral Pilaf Ensalada de Remolacha y Lechuga Banana	Caserola Mexicana ¹⁹ Carne Molida, Maiz, Queso & Tortilla, Frijol Negro, Ensalada Mixta, Tomate Gelatina de Limon	Pescado al Horno con ajo y especias ²⁰ Camote, Repollo en vinagre, Taza de Fruta Tropical	Sandwich de Ensalada de Pollo ²¹ Sopa de Camote con Lentejas Rodajas de Pan Integral Taza de Durazno	Puerco en Salsa Verde ²² Frijoles negros, arros integral, Taza de Melon
Cacerola Vegetariana ²⁴ Calabaza, Zanahoria, Olivo, Espinaca, Queso & Tortilla, Frijol Negro, Ensalada Mixta, Tomate Taza de Pera	Chile con Carne ²⁵ Carne Molida, Frijoles Apio en salsa de tomate, Acelgas al Vapor, pan de maiz Taza de Fruta Tropical	Puerco Desmenuzado ²⁶ Papas Rostizadas, Quinoa c/zanahorias, Pan (1) taza de albaricoque	Tostadas de Carne ²⁷ Carne de Res, Lechuga, tomate & queso Frijoles pintos refritos, tostadas de maiz (2) Taza de bayas mixtas	Fritata de Coliflor ²⁸ Chile rojo & verde dulce, Salsa bechamel, ejotes al vapor, ensalada de remolacha Taza de Piña	



❖ 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.

Este Programa brinda servicios a la comunidad y está financiado por el Departamento de Servicios para Discapacidad y Personas de la tercera edad de la ciudad de San Francisco.