

October 2021

Centro Latino de San Francisco
1656 15th ST.

Meals include 1 cup of milk
Menu is subject to changes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MICROWAVE REHEATING: Food can only be reheated once! Place food in a plate in the microwave on high for 3 minutes. Remove from the microwave and stir to ensure all the food is heated evenly. Put food on the microwave for another 2 minutes and let it rest in the microwave for 1 minute.				1	2
				Oven Fried Chicken Mixed Greens*, Tomato*, & Onions Mashed Potatoes WW Bread (1 slice) Pineapple Chunks+ Cup	Meat Loaf Steam Peas & Corn Mixed Greens & Beet Salad WW Bread Mandarin cup
4	5	6	7	8	9
Pork in Tomato Sauce White rice Steam Broccoli+* Mixed Greens* & Beet Salad Banana	Chicken Salad Sandwich Lentil & Vegetables Soup * (Carrots* & Zucchini) WW Bread (2) Mandarin Orange Cup+	Fish With Garlic & Parsley Steam Zucchini Three Beans Salad Brown Rice Pear or Fresh Fruit in Season	Beef Tacos Lettuce, Tomato, Onion, Cheese Beans Tortilla (2) Pineapple+ chunks	Chicken Fettucine Alfredo (Chicken, Peas*, Celery) Roasted Zucchini (ww pasta) Tropical Fruit+Cup	Meatballs in Marinara Sauce Steamed Peas* and Corn Mashed Potatoes WW Bread (1 slice) Pinnapple+ chunks
11	12	13	14	15	16
Pork Pozole w/Lime Wedge (Soup w/ Pork, Hommony, Tomatillo, Mild Red and Green Chile) Cabbage+, Onions, Radishes & Cilantro Corn tortilla (2) Cantaloupe	Tuna Sandwich Tuna, Carrots, Celery, Onions Lentil & Vegetables Soup (Carrots+ & Zucchini) WW Bread Orange+	Baked B.B.Q. Chicken Steamed Broccoli+* Spinach* & Orange+ Salad Rice Fresh Fruit in Season	Spaghetti w/ Meat Sauce Steamed Vegetable Medley*+ Mixed Greens* & Beet Salad (WW Pasta) Pear or Fresh Fruit in Season	Fish in Veracruz Sauce (Tomato, Onion, Bellpepper+) Lettuce & Three Bean Salad Cilantro Brown Rice Tropical Fruit Cup+	Meatball Soup with Yams*, Zucchini, Cabagge+, Onions, & Celery Tortillas (2) Orange+
18	19	20	21	22	23
Roasted Ham/Orange sauce Steamed Peas* and Corn Mashed Potatoes WW Bread (1 slice) Pineapple+ Chunks	Chicken Vermicelli Soup Chicken Breast, Vermicelli Noodles Potatoes, Celery, Carrots & Tomato Sauce Orange+	Fish With Garlic & Parsley Stream Yams* Pickled Cabbage+ Cilantro Brown Rice Banana or Fresh Fruit in Season	Beef Lasagna (Ground Beef, Spinach, Cheese, Olives) Steamed Green Beans Mixed Greens* & Orange+ Salad Mandarin Orange Cup+	Chicken Stew Potatoes, Peas & Carrots, Mixed Greens* & Tomato Salad Steam Brown Rice Banana	Beef Chilli (Beef, Beans, Onions, Tomatoes) Corn Bread Collard Greens* Peach cup
25	26	27	28	29	30
Picadillo Ground Beef, Peas & Carrots White Rice Beans Apple Sauce	Vegetarian Lasagna Zucchini, Spinach, Carrots Cheese, Olives Steamed Green Broccoli Lettuce Beat Salad Gelatin cup	Chicken Soup with Potatoes, Zucchini, Carrots*, Cabagge+, Onions, & Celery Tortilla (2) Pineapple+ chunks	Fish in Veracruz Sauce (Tomato, Onion, Bellpepper+) Steamed Peas and Carrots* Pickled Cabbage+ Cilantro Brown Rice Fresh Fruit in Season	Spinach Souffle/Bechamel Sauce Cheese, Eggs, Spinach & Zucchini Lettuce & Three Bean Salad Rice Tropical Fruit Cup+	Chicken Paella Rice, Peas & Carrots Roasted Cauliflower Spinach* & Orange+ Salad Oranges