



March 2010

Senior Lunch Program Menu

New State Reporting Requirements

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|--|---|
| 1 Garden Salad with Sesame Dressing Pork Stir Fry w/ Chow Mein *Broccoli +Mandarin Oranges | 2 +Chilled Orange Juice Roast Chicken w/ Herb Gravy Couscous Winter Greens Dessert | 3 Cream of Broccoli Soup Hamburger on a Whole Wheat Bun Lettuce, Red Onion & Tomato Mayo, Mustard & Ketchup Baked Beans +Fresh Orange | 4 *Creole Vegetable Soup Cajun Turkey Meatloaf with Creole Sauce Mashed Red Potatoes ++*Mixed Vegetables Whole Wheat Roll & Margarine ++Banana | 5 +*Coleslaw Baked Catfish with Pineapple Salsa Cilantro Rice Green Beans Fruit Cocktail | 6 *Garden Salad with Dressing Herb Roasted Chicken w/ Herb Gravy Couscous Seasoned Peas +Orange | 7 Yankee Pot Roast w/Gravy Roasted Potatoes Carrots Wheat Bread & Margarine Banana |
| 8 Borscht w/ Sour Cream Beef Stroganoff Egg Noodles +Cauliflower Sliced Pears | 9 *Split Pea Soup Glazed Chicken w/ Orange Honey Sauce Rice Pilaf +Broccoli Seasonal Fresh Fruit | 10 +Apple Juice Cup Chicken and Sausage (turkey) Gumbo Brown Rice *Seasoned Collard Greens Dessert | 11 +Coleslaw Pork Spare Ribs with BBQ Sauce Mashed Potatoes Wheat Bread & Margarine Green Beans Sliced Peaches | 12 Garden Salad w/ Dressing +Baked Tilapia with Tomato/Basil sauce Creamy Polenta +*Spinach Banana | 13 *Minestrone Soup Spinach Lasagna Garlic Bun +Broccoli Peaches | 14 Garden Salad with Dressing Baked Catfish with Salsa Cilantro Rice +Broccoli Applesauce |
| 15 +Marinated Vegetable Salad w/ Asian Dressing Teriyaki Chicken w/ Sauce Brown Rice Asian Blend Vegetables Pineapple Chunks | 16 Vegetable Soup Pasta Sauce with Meat Sauce (beef) served over Whole Wheat Spaghetti +Steamed Broccoli Seasonal Fresh Fruit | 17 +Apple Juice Corned Beef w/ Mustard Sauce Parsley Red Potatoes *Cabbage & Carrots Tea Roll & Margarine Shamrock Cake  St. Patrick's Day | 18 *Cucumber, Carrot & Onion Salad Rosemary Pork Loin with Rosemary Gravy Egg Noodles Green Beans +Orange | 19 *Cream of Potato & Chard Soup Tuna Salad Sandwich on Wheat Bread Lettuce & Tomato Carrot-Raisin Salad ++Seasonal Fresh Fruit | 20 +*Coleslaw Chicken Breast Sandwich Lettuce, Red Onion & Tomato Mayo, Mustard & Ketchup Baked Beans Chilled Peaches | 21 Turkey Meatloaf with Mushroom Gravy Mashed Potatoes *Riviera Blend Vegetables Whole Wheat Roll & Margarine +Mandarin Oranges |
| 22 +Chilled Orange Juice Chili Con Carne Cornbread & Margarine *Glazed Carrots Dessert | 23 Garden Salad w/ Sesame Dressing Sweet & Sour Pork Steamed White Rice +Bok Choy Sliced Pears | 24 Vegetable Soup Soft Chicken Taco On a Flour Tortilla w/ Shredded Lettuce & Salsa Southwest Black Beans +Orange | 25 Mushroom Barley Soup Roast Turkey w/ Gravy Mashed Potatoes *Winter Greens Wheat Roll & Margarine +Seasonal Fresh Citrus | 26 +Cranberry Juice Baked Fish with Dill Sauce *Mixed Vegetables Rice Pilaf Dessert | 27 *Marinated Vegetable Salad Baked Chicken with Tomato & Herb Sauce Egg Noodles +Cauliflower +Fresh Orange | 28 *Garden Salad with Italian Dressing Whole Wheat Spaghetti with Beef Meatballs (3) and Tomato- Basil Sauce +Zucchini with Bell Peppers Wheat Bread & Margarine Seasonal Fresh Fruit |
| 29 +Marinated Vegetable Salad w/ Asian Dressing Baked Tilapia w/ Thai Peanut Sauce Brown Rice Asian Blend Vegetables Sliced Pears | 30 Corn Chowder Fennel Roast Chicken w/ Fennel Orange Sauce Parsley Egg Noodles + Broccoli Seasonal Fresh Fruit | 31 Green Salad w/ Dressing Cassoulet (w/ Pork Sausage) Wheat Bread & Margarine *Carrots Pineapple-Mandarin Salad | The Senior Lunch Program is funded by: The Office on the Aging, U.S.D.A., Project Open Hand & Senior Participants | | This menu is subject to change without notice. (Milk is served every day.) |  FOOD KEY: + Vitamin C * Vitamin A |

Seniors will be issued special cards

New state requirements on how we report the services we provide you will soon be implemented. These reports tie in directly to the money we get to make the hot, nutritious lunches we serve to you.

To help us meet these new requirements (and get the funding we need to offer you our services ☺), all senior nutrition providers in San Francisco will be issuing special cards to the seniors who eat lunch at their sites. These cards will be electronically scanned each time you come for lunch. You'll still need to print and sign your name in order to eat lunch.

The cards will be generated from the Consumer Intake Form that we ask all seniors to complete. If you have not completed one, we strongly encourage that you do so we can issue you a card. Please see the site coordinator at your site to get a form (their names are on the back of this menu).

We will keep you posted as to the exact date this new system will be implemented. Announcements will be posted at each site. The SF Office on Aging plans to begin in April.



Project Open Hand
meals with love

www.openhand.org

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Fish on Fridays

Based on feedback from previous years, Project Open Hand has decided to serve fish on Fridays throughout March in observance of Lent. This will continue in April (on the 2nd) until Easter Sunday.



Keep your comments coming...

We wanted to thank all of those who sent their feedback in February on the new menu items we served. Based on your feedback, we will add a dollop of sour cream when we serve Borscht on March 8 (which is traditional).

If you have any ideas for menu items you'd like to see, send them along on a meal comment card (sorry, no requests for filet mignon or lobster, please!).