


# August 2010

## Senior Lunch Program Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>30</b> +Marinated Vegetable Salad w/ Asian Dressing <b>Teriyaki Chicken w/ Sauce</b> Steamed Brown Rice Asian Blend Vegetables Pineapple Chunks	<b>31</b> *Cream of Zucchini Soup <b>Baked Pollock w/ Lemon-Dill Sauce</b> Creamy Polenta Vegetable Blend +Seasonal Fresh Fruit	<b>The Senior Lunch Program is funded by:                      The Office on the Aging,                      U.S.D.A.,                      Project Open Hand &amp; Senior Participants</b>		<b>FOOD KEY:</b>  + Vitamin C * Vitamin A	This menu is subject to change without notice.  (Milk is served every day.)	<b>1</b> <b>Yankee Pot Roast w/Gravy</b> Mashed Potatoes Carrots Whole Wheat Bread & Margarine +Orange
<b>2</b> Garden Salad w/ Tomato & Dressing <b>Chicken Cacciatore Quarters w/ Sauce</b> Egg Noodles +Cauliflower Seasonal Fresh Fruit	<b>3</b> +Orange Juice <b>Baked Tilapia w/ Basil Cream Sauce</b> Brown Rice +Broccoli Dessert	<b>4</b> Cream of Vegetable Soup <b>Beef Taco Salad</b> with Mixed Greens & Salsa on a bed of Tortilla Chips Spanish Rice Southwest Black Beans +Melon	<b>5</b> Cucumber-Tomato Salad <b>Tandori Chicken with Sauce</b> Whole Wheat Couscous Pilaf +Spinach +Orange	<b>6</b> +Coleslaw <b>Pork Spare Ribs with BBQ Sauce</b> Mashed Potatoes Whole Wheat Bread & Margarine Green Beans Sliced Peaches	<b>7</b> *Garden Salad with French Dressing <b>Moroccan Beef Stew</b> Brown Rice +*Spinach +Seasonal Fresh Melon	<b>8</b> Farmers Market Soup <b>Basque Chicken Quarters w/ Sauce</b> Creamy Polenta +Broccoli Seasonal Fresh Fruit
<b>9</b> *Garden Salad w/ Tomato & Dressing <b>Meat Sauce (Beef) over Whole Wheat Penne Pasta</b> *+Seasoned Spinach +Melon	<b>10</b> +Broccoli Slaw <b>+Pork Chile Rojo</b> Spanish Rice Seasoned Black Beans Seasonal Fresh Fruit	<b>11</b> +Apple Juice <b>Baked Pollock with Tomato Herb Sauce</b> *Mixed Vegetables Whole Wheat Orzo Pilaf Dessert	<b>12</b> +Marinated Vegetable Salad <b>Turkey Stew</b> Brown Rice *Seasoned Greens Banana	<b>13</b> Vegetable Fiesta Soup <b>Southwest Baked Chicken w/ Sauce</b> Egg Noodles *Country Trio Vegetables +Orange	<b>14</b> Garden Salad w/ Tomato & Dressing <b>+Baked Salmon w/ Lemon Caper Sauce</b> Creamy Polenta +*Spinach +Orange	<b>15</b> *Split Pea Soup <b>Glazed Chicken w/ Orange Honey Sauce</b> Rice Pilaf +Broccoli Seasonal Fresh Fruit
<b>16</b> +Borscht w/ Sour Cream <b>Beef Stroganoff</b> Egg Noodles Mixed Vegetables Seasonal Fresh Fruit	<b>17</b> * Garden Salad w/ Tomato & Dressing <b>Whole Wheat Rotini w/ Turkey Bolognese Sauce</b> Riviera Blend Vegetables +Orange	<b>18</b> Three Bean Salad <b>Thyme Roasted Chicken &amp; Caramelized Onion Sauce</b> Creamy Polenta +Cauliflower Seasonal Fresh Fruit	<b>19</b> *Marinated Tomato & Cucumber Salad <b>Seasoned Baked Tilapia w/ Cilantro-Lime Sauce</b> Brown Rice Pilaf ++Broccoli Sliced Peaches	<b>20</b> +Vegetarian Vegetable Soup <b>Chicken Salad Sandwich on Whole Wheat Bread</b> Lettuce & Tomato Cup ++Potato Salad Applesauce	<b>21</b> +*Coleslaw <b>Baked Mahi Mahi w/ Pineapple Salsa</b> Cilantro Rice Green Beans Fruit Cocktail	<b>22</b> Garden Salad w/ Tomato & Dressing <b>BBQ Pork Loin w/ Sauce</b> Brown Rice Braised Greens +*Cantaloupe
<b>23</b> +Orange Juice <b>Irish Beef Stew</b> Egg Noodles Green Beans Dessert	<b>24</b> Farmers Market Soup <b>Soft Chicken Taco</b> On a Flour Tortilla w/ Shredded Lettuce & Salsa Spanish Rice Southwest Black Beans +Seasonal Fresh Fruit	<b>25</b> * Garden Salad w/ Tomato & Dressing <b>Cassoulet w/ Pork Sausage</b> Whole Wheat Bread & Margarine *Carrots +Pineapple-Mandarin Salad <b>High Sodium Meal</b>	<b>26</b> <b>Open-Faced Hot Turkey Sandwich w/ Mashed Potatoes, Whole Wheat Bread &amp; Gravy</b> +Broccoli Banana	<b>27</b> Garden Salad w/ Tomato & Dressing <b>Oven Baked "Fried" Catfish w/Tartar Sauce &amp; Lemon</b> Cajun Brown Rice *Peas & Carrots +Seasonal Fresh Fruit	<b>28</b> *Minestrone Soup <b>Spinach Lasagna</b> Garlic Bun +Broccoli Peaches  <b>High Sodium Meal</b>	<b>29</b> +Apple Juice <b>BBQ Chicken w/ Sauce</b> Mashed Red Potatoes *Carrots Whole Wheat Bread & Margarine Dessert

## WEEKEND SERVICE SAVED!

POH is delighted to announce that funding for our weekend meals has been restored in the base budget passed by the Board of Supervisors and Mayor Newsom. Many of you signed the petitions and testified in the public forums and you deserve a round of applause for your efforts. Your participation in this campaign contributed greatly to it's success.



## Mahi Mahi



Mahi-mahi is an exceptional tasting fish, with a firm white flesh and a sweet flavor. It is less "fishy" tasting than many other fish, and is prized most by people in the US, Japan and in the Caribbean.

POH is happy to be able to offer Mahi Mahi. We will first be serving it on Saturday, August 21.

Let us know what you think!



Project Open Hand  
meals with love  
www.openhand.org

730 Polk St. San Francisco CA 94109 447.2300  
 Office Hours: 9:00am – 5:00pm

**Julie Wasem, Director**  
**Kim Madsen, Dietician**  
**Adrienne Harper, Kitchen Manager**  
**Vladimir Krilov, Lead Chef**  
**Darin Raffaelli, Sites Manager**

### Senior Advisory Meeting

We will be hosting our next Senior Advisory Meeting on **Monday, August 30**. These meetings are designed to allow senior meal program participants the opportunity to offer suggestions and provide feedback. If you are interested in attending or want to find out more about them, please call **447-2480**.