

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
<p>This Menu Is Subject To Change Without Notice.</p> <p>Milk Is Served Every Day</p> <p>visit us at www.openhand.org</p>	<p>Can't make it to lunch? Give your site a call to let them know to give your meal to a senior who might need it that day.</p>	<p>FOOD KEY</p> <p>+ Vitamin C</p> <p>++ 2nd Vitamin C Source</p> <p>* Vitamin A</p>				Garden Salad w/ Tomato Ranch Dressing ¹ Harvest Pork & Mushroom Stew Whole Wheat Pasta +Braised Red Cabbage Melon						
						+Marinated Vegetable Salad Black Bean and Corn Chili Whole Wheat Macaroni ² Cauliflower Persimmon	+Roasted Red Pepper Soup Chipotle Chicken ³ Brown Rice *Steamed Carrots +Orange	*Kale Salad Beef Pepperonata Tomato ⁴ Whole Wheat Pasta +Broccoli Melon	*Sweet Potato Soup Pork Stew ⁵ Barley Green Beans +Pineapple	Chickpea Salad Tomato Herb Sauce Flounder ⁶ Toasted Barley +Cauliflower Seasonal Fresh Fruit	*Carrot Salad Mushroom Gravy Roasted Chicken Thigh ⁷ Brown Rice Green Beans +Kiwi	*Corn-Potato Chowdah Creamy Tuna Salad ⁸ Whole Wheat Roll Mixed Greens +Orange
						Garden Salad w/ Caesar Dressing ⁹ Chicken Cacciatore Stew Whole Wheat Pasta Zucchini +Cantaloupe	Golden Lentil Soup Teriyaki Glaze Baked Flounder ¹⁰ Toasted Barley Asian Blend Vegetables +Honeydew melon	*Broccoli Salad BBQ Beef ¹¹ Brown Rice +Cauliflower **Cantaloupe	Vegetable Barley Soup Tomato Herb Sauce Roasted Chicken Thigh ¹² Farro *Peas & Carrots +Kiwi	Corn Salad Pork Loin Chop ¹³ Quinoa *Kale and Black Eyed peas +Pineapple	*Carrot Slaw Cod ¹⁴ Toasted Barley Roasted Beets +Orange	+Broccoli Soup Orange Honey Sauce Glazed Chicken Thigh ¹⁵ Brown Rice Asian Blend Vegetables Melon
						Lentil Soup ¹⁶ Mushroom Sauce Salisbury Style Turkey Whole Wheat Pasta Peas +Pineapple	*Marinated Vegetable Salad Chicken & Sausage Gumbo ¹⁷ Brown Rice Corn +Cantaloupe	*Vegetable Hot Pot Soup ¹⁸ Basil Sauce Baked Flounder Orzo Pilaf Peas +Orange	+Asian Slaw Five Spice Baked Chicken Thigh ¹⁹ Brown Rice *Vegetable Medley +Kiwi	BBQ Beef ²⁰ Whole Wheat Roll Zucchini +Pineapple	Garden Salad w/ Ranch Dressing ²¹ Turkey Chili Con Carne Cornbread *Carrots +Orange	Potato Soup ²² Tandoori Style Chicken Thigh Brown Rice +Curried Cauliflower Melon
						*Vegetable Soup Sesame Chicken Thigh ²³ Brown Rice Asian Blend Vegetable +Kiwi	Garden Salad ²⁴ Italian Dressing Sicilian Pork & Lentil Stew Whole Wheat Roll Green Beans +Seasonal Fresh Citrus	+Marinated Cauliflower Salad Roast Turkey Breast ²⁵ Whole Wheat Stuffing *Carrots Pumpkin Pie Mushroom Gravy Orange	+Marinated Cauliflower Salad Roast Turkey Breast ²⁶ Whole Wheat Stuffing *Carrots Pumpkin Pie Mushroom Gravy Orange	Mushroom Gravy Roast Beef ²⁷ Whole Wheat Bread Green Beans '+Kiwi *Mashed Sweet Potato	*Split Pea Soup Turkey Meatloaf ²⁸ Brown Rice Roasted Root Veggies +Pineapple	Spinach Salad ²⁹ Citronette Caribbean Pork Brown Rice +Broccoli Seasonal Fresh Fruit Black Beans
						Tuscan Bean Salad ³⁰ Flounder Whole Wheat Pasta Primavera Sauce (Veg) +Orange	<p style="text-align: center;"><i>Fall Seasonal Vegetables may include: GREEN BEANS, BEETS, BOK CHOY, CABBAGE, CARROTS, CORN, CHARD, CELERY ROOT</i></p> <p>Senior Lunch Program</p> <p>730 Polk St. San Francisco CA 94109 Office Hours: M-F 9:00am – 5:00pm Phone: 415.447.2300 Noah Lopez, Director Kristi Friesen, Dietitian Kevin Davidson, Executive Chef Ariel Mekler, Senior Sites Manager Darin Raffaelli, Senior Sites Manager John Nagel, Senior Sites Manager Miriam Aguilar, Administrative Assistant</p>					

Senior Lunch Program

730 Polk St. San Francisco CA 94109
 Office Hours: M-F 9:00am – 5:00pm
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Noah Lopez, Director
 Kristi Friesen, Dietitian
 Kevin Davidson, Executive Chef
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 John Nagel, Senior Sites Manager
 Miriam Aguilar, Administrative Assistant

- ✓ You need to be 60 years of age or older to be eligible for our program
- ✓ Bring picture ID for proof of age.
- ✓ All new participants are asked to complete an Intake. While voluntary, the data on the Intake is strictly used to compile statistics in order to obtain government funding for the program.
- ✓ Voluntary, confidential donations that help keep this program running are gratefully appreciated. However, no one will be turned away for inability or unwillingness to make a donation.
- ✓ Smiles are encouraged!

THE SENIOR LUNCH PROGRAM IS FUNDED BY: THE OFFICE ON THE AGING, U.S.D.A., PROJECT OPEN HAND & SENIOR PARTICIPANTS

In the rare instance a menu has more than 1000 milligrams of sodium, it will be labeled a high sodium meal.

Comments, Suggestions, Feedback?

We would love to hear from you! Please fill out a meal comment card the next time you dine with us and turn it in to your site coordinator.

PROJECT OPEN HAND Senior Lunch Program

November 2015

Kristi Friesen, Registered Dietitian at Project Open Hand

Keeping Your Immune System Strong

Now that we have entered the fall season, it's important to focus on keeping your immune system strong and nutrition plays a big role in that. Your daily lunch plate is a great place to begin by including fruits and vegetables to get the nutrients you need. Every plate at Project Open Hand's meal sites is designed to help seniors meet their nutritional needs, based on the Dietary Guidelines for Americans. Here are a few of the superstar nutrients we focus on-



Vitamin A has a role in immunity and is essential for normal vision. This vitamin is found in **sweet potatoes, pumpkin, carrots, cantaloupe, mangoes, spinach, kale, collard greens, and bok choy.** We include a high vitamin A source on the menu several days of the week.



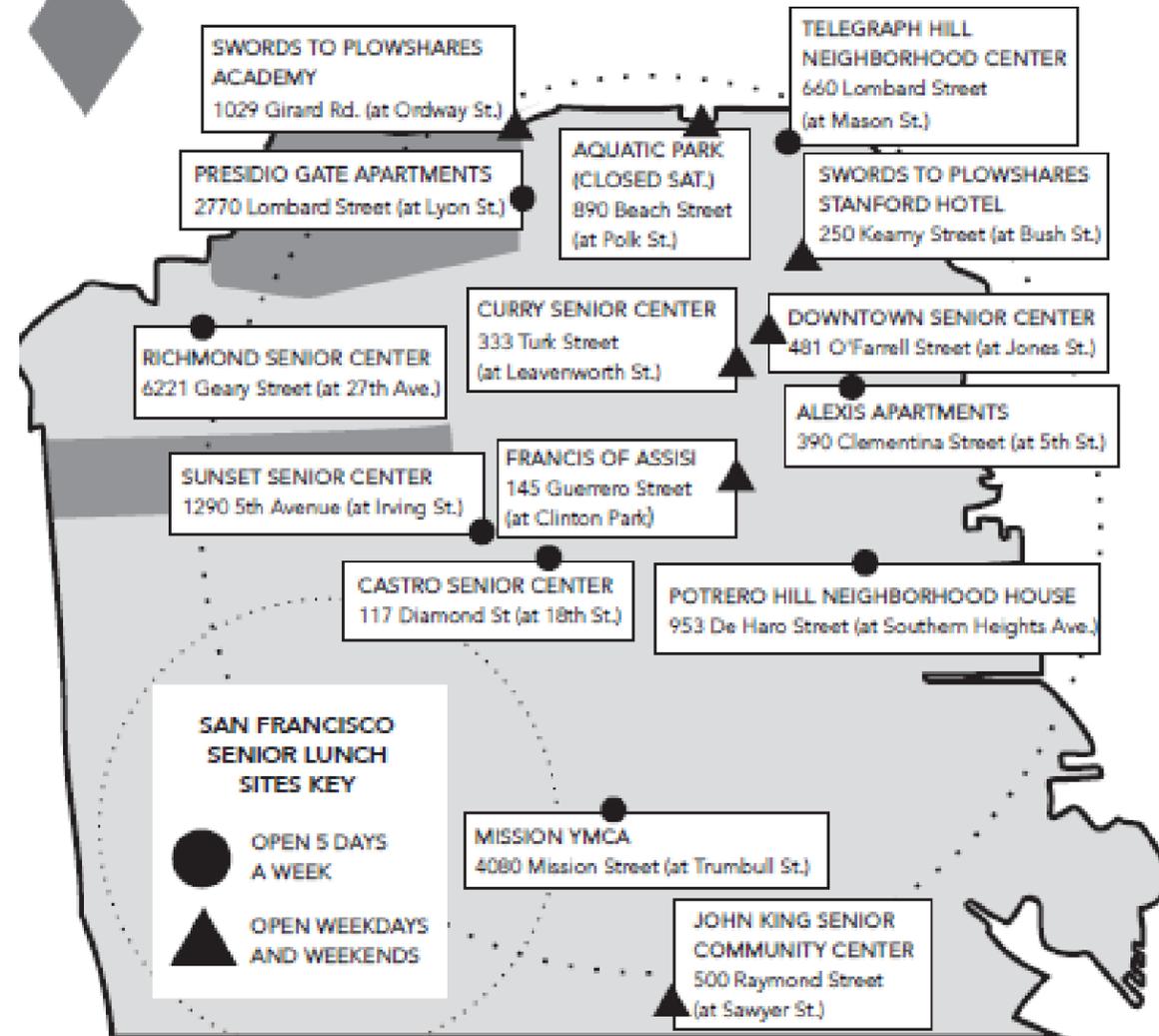
Vitamin C is a powerful antioxidant to help you kick the cold! Found in fruits and vegetables like **oranges, melon, kiwi, pineapple, tomatoes, cabbage, kale, broccoli, cauliflower, and bell peppers.** We serve a vitamin C source every day.



Fiber is very important for not only our digestive health, but also in lowering cholesterol levels. High fiber foods are also very important in keeping our hearts healthy and strong. Fiber is found in a variety of plant foods including fruits, vegetables, whole grains, and legumes. Fiber is the reason we focus on whole grains in our menu including **brown rice, whole wheat pasta, barley, and quinoa.**

This holiday season, join us for warm, nourishing meals - made with love, just for you.

Project Open Hand serves healthy lunch every day at 15 dining rooms throughout San Francisco. All seniors (age 60+) and Adults with Disabilities (Age 15-59) are welcome. Our seasonal specials make lunchtime extra special. And, join us all year long for a great meal and great company.



There is a suggested \$2 donation for lunch but no one is turned away if unable to pay.

Learn more: www.OpenHand.org/Seniors.



Dept. of Aging & Adult Services



Project Open Hand
meals with love

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The nutrition requirements for menu planning for the Senior Lunch Program are designed to meet the dietary guidelines for Americans 2010.

In order to meet these guidelines each meal must contain the following:

- Vitamin C: 1/3 DRI* each meal (25 mg)
- Vitamin A: 1/3 of DRI at least 3 times per week (250 micrograms)
- 3 oz meat or meat alternative
- 1-2 servings of vegetables
- 1 serving of fruit or fruit juice
- 1-2 servings of grain (1/2 from whole grains)
- 1 serving of low-fat milk or milk alternative
- Dessert and fat are optional.
- (*Dietary Reference Intake)

Openhouse offers diverse programs for lesbian, gay, bisexual and transgender seniors. Programs include health and wellness seminars, case management, housing assistance, support groups, social activities, and continuing education. To receive our monthly newsletter please call at (415) 296-8995 or email: info@openhouse-sf.org.

Openhouse and Project Open Hand are proud partners serving LGBT seniors in our community.

housing, services, and community for LGBT seniors
openhouse

Come join us for lunch! Call to reserve your spot today: 415-447-2300.