

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<div><div><div><div>Project Open Hand</div><div>40 years of meals with love</div><div>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</div></div></div><div><div>AWD HDM DELIVERY MENU: MAY 2025</div><div><div>Please Note:</div><div>Our menu meets 1/3 DRI for all target nutrients except Vitamin D. The Project Open Hand Dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D needs.</div></div></div></div>						1-May		2-May		3-May		4-May	
						Baked Salmon		Turkey Meatloaf		Chicken Pomodoro Stew		Garlic & Herb Chicken Breast	
						Tuscan Spinach & Lemon Sauce		Eggplant Mushroom Sauce		Polenta w/Butternut Squash		Creamy Basil Sauce	
						Quinoa Brown Rice		Herbed Bulgar		Peas & Carrots		Barley w/ Mushrooms	
						Broccoli		Peas & Carrots		Milk Half Pints		Roasted Sweet Potatoes	
Milk Half Pints		Milk Half Pints		Applesauce Cup		Milk Half Pints							
Fruit Cup		Orange				Orange							
5-May		6-May		7-May		8-May		9-May		10-May		11-May	
Beef Stroganoff		Chicken Thigh		Pork Black Bean Mole		Baked Salmon		Turkey Tetrazzini		Chicken Fajita Stew		Jambalaya w/ Chicken	
Whole Wheat Rotini		Salsa Verde		Quinoa		Orange Tofu & Edamame		Whole Wheat Rotini		Brown Rice		Black Eyed Peas w/ Rice	
Broccoli		Brown Rice		Garden Mix Veg		Brown Rice		Broccoli		Carrots		Brussel Sprouts	
Milk Half Pint		Roasted Sweet Potato		Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint	
Orange		Milk Half Pint		Raisins Box		Apple		Orange		Applesauce Cup		Mixed Fruit Cup	
Applesauce Cup													
12-May		13-May		14-May		15-May		16-May		17-May		18-May	
Beef & Barley Stew		Chicken Tofu Chop Suey		Chicken, Broccoli & Cheddar		Cod Filet		Chipotle Beef Turkey Meatloaf		Chicken Pomodoro		Balsamic Chicken Breast	
Roasted Sweet Potato		Veggie Fried Brown		Whole Wheat Rotini		Macanese Curry		Red Mole Sauce		Polenta w/ Butternut Squash		Broccoli Pesto	
Milk Half Pint		Milk Half Pint		Milk Half Pint		Quinoa Brown Rice		Quinoa Brown Rice		Peas & Carrots		Whole Wheat Rotini	
Orange		Applesauce Cup		Raisins Box		Milk Half Pint		Garden Mix Veg		Milk Half Pint		Root Vegetables	
						Apple		Milk Half Pint		Applesauce Cup		Milk Half Pint	
								Orange				Mixed Fruit Cup	
19-May		20-May		21-May		22-May		23-May		24-May		25-May	
Beef Birria		Chicken Thigh		Pork & Chickpea Stew		Garlic Herb Salmon		Pork & Turkey Patty		Chicken Tinga		Chicken w/ Oregano & Lemon	
Brown Rice		Chipotle Chili Gravy		Quinoa Brown Rice		Whole Wheat Rotini		Green Curry Sauce		Brown Rice		Mushroom & Broccoli	
Carrots		Brown Rice		Cauliflower		Artichoke Ragout		Quinoa Brown Rice		Garden Mix Veg		Barley	
Milk Half Pint		Succotash		Milk Half Pint		Milk Half Pint		Carrots		Milk Half Pint		Milk Half Pint	
Orange		Milk Half Pint		Raisins Box		Apple		Milk Half Pint		Applesauce Cup		Mixed Fruit Cup	
		Applesauce Cup						Orange					
26-May		27-May		28-May		29-May		30-May		31-May			
Beef & Broccoli Sichuan		Cumin Spiced Chicken Thigh		Smoky Chicken-Lentil Stew		Cod Filet		Beef & Turkey Bolognese		Pork Pozole Verde			
Brown Rice		Quinoa Brown Rice		Brown Rice		Argentinean Fish		Whole Wheat Macaroni		Brown Rice			
Peas & Carrots		Tikka Masala		Garden Mix Veg		Parsley Cilantro		Broccoli		Milk Half Pint			
Milk Half Pint		Carrots		Milk Half Pint		Brown Rice		Milk Half Pint		Applesauce Cup			
Orange		Milk Half Pint		Raisins Box		Milk Half Pint		Orange					
		Applesauce Cup				Apple							
For inquiries contact: HDM AWD Outreach Specialist at 415-655-1361													

Lunch Menu

Keep Your Bones Strong with Calcium and Vitamin D

Erika Tribett, MPH at Project Open Hand

Calcium and vitamin D are two nutrients that help keep our bones, heart and muscles healthy!

**Calcium** is like the “building block” for our bones and teeth. It helps them stay strong and sturdy. As we age, our bones can become weaker, so it’s extra important to get enough calcium. Without enough calcium, we may risk having weak bones that could break easily.

You can get calcium from several foods:

- Milk or soymilk
- Plain yogurt
- Tofu (look for "calcium-set" tofu)
- Salmon and sardines, with bones
- Almonds and sesame seeds

How much calcium do we need each day?

Age Group	Recommended Dietary Amount
Adults	1,000 mg
Women over 51; Men over 71	1,200 mg

**Vitamin D** is like a helper for calcium. It helps your body absorb the calcium you eat and makes sure your bones get the strength they need. You can get Vitamin D from several foods:

- Fatty fish, like salmon, mackeral, or tuna
- Eggs, with yolk
- Fortified milk or soymilk
- Fortified orange juice

How much vitamin D do we need each day?

Age Group	Recommended Dietary Amount
Adults	600-800 IU (International Units)
Adults over 70	800-1,000 IU

Here are a few ideas that bring “yum!” to getting your daily calcium and vitamin D:

- ✓ Stir fry tofu with vegetables and sesame seeds
- ✓ Salmon cakes with cooked kale, sesame and lemon
- ✓ Soup of low-sodium broth with tofu, Bok choy and noodles
- ✓ Sardines with roasted vegetables or served on whole grain crackers
- ✓ Fortified soymilk or dairy milk in porridge or cereal
- ✓ Tofu or egg “scramble” with kale, mustard greens or turnip greens