

AWD Vegetarian HDM Delivery Menu: May 2025

For inquiries contact:
HDM AWD Outreach Specialist at 415-655-1361

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-May		2-May		3-May		4-May	
<div><p>Project Open Hand</p><p>40 years of meals with love</p></div> <div><p>SAN FRANCISCO HUMAN SERVICES AGENCY</p><p>Department of Disability and Aging Services</p></div>		<u>Please Note:</u> Our menu meets 1/3 DRI for all target nutrient s except Vitamin D . The Project Open Hand Dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D needs.		Tofu & Vegetable Egg Foo Young Ginger & Orange Sauce Whole Wheat Rotini Broccoli Milk Half Pints Fruit Cup	Tempeh Cauli Chickpea Patty Eggplant Mushroom Sauce Herbed Bulgar Peas & Carrots Milk Half Pints Orange	Tofu & Mushroom Adobo Brown Rice Garden Mixed Vegetables Milk Half Pints Applesauce Cup	Split Pea & Cauliflower Patty Creamy Basil Sauce Barley w/Mushrooms Capri Mixed Vegetables Milk Half Pints Orange
5-May		6-May	7-May	8-May	9-May	10-May	11-May
Tofu Stroganoff Whole Wheat Rotini Broccoli Orange Milk Half Pint		White Bean Spinach Casserole Creamy Tomatillo Capri Mixed Veg Applesauce Cup Milk Half Pint	Mid-East Spiced Tofu Red Bean Veg Masala Quinoa Broccoli Raisins Box Milk Half Pint	Orange Tofu & Edamame Brown Rice Brussel Sprouts Apple Milk Half Pint	Vegetable Ranchero Stew Brown Rice Broccoli Orange Milk Half Pint	Tempeh Cauli Chickpea Patty Pumpkin Puree Whole Wheat Rotini Peas & Carrots Applesauce Cup Milk Half Pint	Curried Tofu Golden Cashew Curry Brown Rice Cauliflower Mixed Fruit Cup Milk Half Pint
12-May		13-May	14-May	15-May	16-May	17-May	18-May
Barley Red Bean Burger Parsley Cilantro Brown Rice Broccoli Orange Milk Half Pint		Veg Medley Lasagna Marinara Sauce Peas Applesauce Cup Milk Half Pint	Mid-East Spiced Tofu Green Herb Sauce Whole Wheat Rotini Veg & Bean Saute Raisins Box Milk Half Pint	Curried Tofu Macanese Curry Herbed Bulgur & Veg Apple Milk Half Pint	Black Bean Patty Red Mole Sauce Brown Rice Garden Mix Veg Orange Milk Half Pint	Tofu Sweet Potato Hash Guajillo Chile Sauce Quinoa Brown Rice Peas & Carrots Applesauce Cup Milk Half Pint	Balsamic Portabello Mushroom Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables Mixed Fruit Cup Milk Half Pint
19-May		20-May	21-May	22-May	23-May	24-May	25-May
Balsamic Portabello Mushroom White Bean & Spinach Ragout Quinoa & Edamane Peas Orange and Applesauce Cup Milk Half Pint		Black Bean Patty Chipotle Chili Gravy Brown Rice Succotash Raisins Box Milk Half Pint	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash Raisins Box Milk Half Pint	Blackened Tempeh Whole Wheat Rotini Artichoke Ragout Apple Milk Half Pint	Tofu & Mushroom Veg Lasagna Marinara Sauce Carrots Orange Milk Half Pint	Savory Tempeh Jambalaya Stew Brown Rice Applesauce Cup Milk Half Pint	Tempeh Cauli Chickpea Patty Cilantro Pumpkin Seed Jalapeno Sauce Barley Green Beans Mixed Fruit Cup Milk Half Pint
26-May		27-May	28-May	29-May	30-May	31-May	
Teriyaki Black Bean Burger Teriyaki Sauce Brown Rice Broccoli Orange Milk Half Pint		Roasted Savory Tempeh Tikka Masala Quinoa Brown Rice Carrots Applesauce Cup Milk Half Pint	Five Spice Tofu Asian Veg Sichuan Stirfry Brown Rice Raisins Box Milk Half Pint	Artichoke Frittata Parsley Cilantro Whole Wheat Rotini Garden Mix Veg Apple Milk Half Pint	Tempeh Burrito Casserole Broccoli Orange Milk Half Pint	Southwest Tofu Cajun Tofu & Beans Brown Rice Carrots Applesauce Cup Milk Half Pint	

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