

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Jun						1-Jun
Beef & Broccoli Sichuan	<div><div><div><div><div>40</div><div>Project Open Hand</div><div>40 years of meals with love</div></div><div><div><div>SAN FRANCISCO HUMAN SERVICES AGENCY</div><div>Department of Disability and Aging Services</div></div></div></div><div><div>AWD HDM DELIVERY MENU: JUNE 2025</div><div>For inquiries contact: HDM AWD Outreach Specialist at 415-655-1361</div></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>					Garlic & Ginger Chicken Breast
Brown Rice						Sweet & Sour Sauce
Peas & Carrots						Veggie Fried Brown
Milk Half Pint						Milk Half Pint
Orange						Mixed Fruit Cup
2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
Beef Chili Colorado	Ginger-Soy Chicken w/ Vegetables	Pork & White Bean Chili	Baked Salmon	Turkey Picadillo	Mild Kung Pao Chicken & Tofu	Tofu & Chicken Adobo
Brown Rice	Brown Rice	Quinoa & Edamane	Tuscan-Spinach-Lemon Sauce	Herbed Bulgur & Veg	Brown Rice	Quinoa & Edamane
Broccoli & Carrots	Milk Half Pint	Roasted Sweet Potato	Quinoa Brown Rice	Brussel Sprouts	Milk Half Pint	Roasted Sweet Potato
Milk Half Pint	Applesauce Cup	Milk Half Pint	Broccoli	Milk Half Pint	Applesauce Cup	Milk Half Pint
Orange		Raisins Box	Milk Half Pint	Orange		Mixed Fruit Cup
			Apple			
9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
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					
16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
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
23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
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		



PROJECT OPEN HAND

June 2025



Lunch Menu

Brain Health Awareness Month

Angela Yatko Slagle, Nutrition Assistant at Project Open Hand

As a person gets older, change occurs in all parts of the body, including the brain. Brain aging affects everyone, or every brain differently.

What is brain health? The World Health Organization recently defined brain health as “the state of brain functioning across cognitive, sensory, social-emotional, behavioral, and motor domains, allowing a person to realize their full potential over their life course.”

Why does it matter? Our brains control everything we do - every breath we take, every emotion we feel, what we remember. Protecting brain health is important for us as individuals and society at large.

What can we do for brain health? It is well known that nutrition and physical activity are shown to prevent chronic disease. The combination of good nutrition, physical activity and mental and social engagement may provide benefit in promoting brain health.

Additional suggestions:

Quit smoking, limit alcohol, manage blood pressure, socialize, learn a new skill, get enough quality sleep.

According to the American Heart Association, what is good for the heart is also good for the brain.

Make every bite count! In general, older adults have a lower calorie need but similar or increased nutrient needs compared to younger adults. A healthy, balanced diet consists of fruits and vegetables, whole grains, lean meats, fish & poultry, and low-fat or non-fat dairy products. Limit solid fats, sugar and salt. Be sure to drink enough water and other hydrating fluids.

Physical activity is an important part of healthy aging. The National Institute on Aging recommends at least 150 minutes per week of moderate- to vigorous-intensity physical activity.

Brain health is a very important component of overall wellness and aging. Small changes can add up - making them part of our routine can support brain function now and in the future.