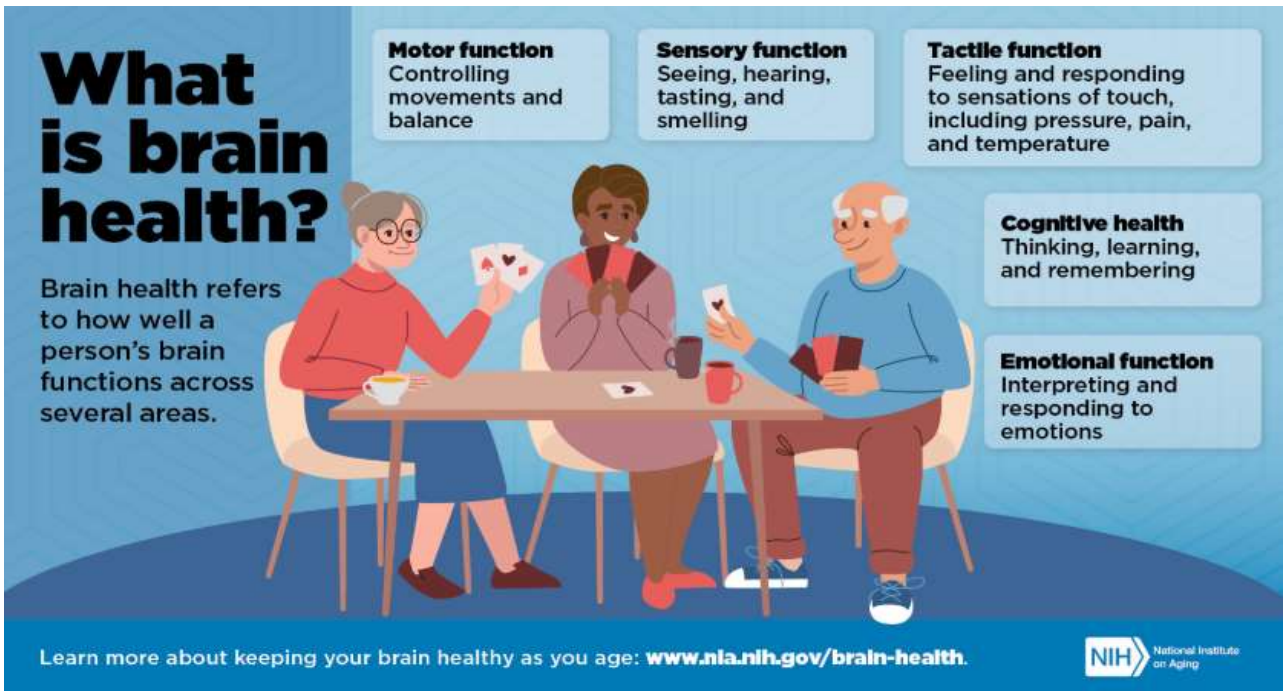


AWD Vegetarian HDM Delivery Menu: June 2025						For inquiries contact: HDM AWD Outreach Specialist at 415-655-1361
Monday	<div> <div> <div>Tuesday</div> <div>Wednesday</div> <div>Thursday</div> <div>Friday</div> <div>Saturday</div> </div> <div> <div> <div> <div>40</div> <div>Project Open Hand</div> <div>40 years of meals with love</div> </div> <div> <div>SAN FRANCISCO HUMAN SERVICES AGENCY</div> <div>Department of Disability and Aging Services</div> </div> </div> </div> </div>					Sunday
30-Jun						1-Jun
<div>Teriyaki Black Bean Burger</div> <div> <div>Teriyaki Sauce</div> <div>Brown Rice</div> <div>Broccoli</div> <div>Orange</div> <div>Milk Half Pint</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>Tempeh Veg & Bean Chili</div> <div> <div>Quinoa Brown Rice</div> <div>Herbed Corn & Edamame</div> <div>Mixed Fruit Cup</div> <div>Milk Half Pint</div> </div>
2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun
<div>Rustic Lentil Tofu Bolognese</div> <div> <div>Whole Wheat Rotini</div> <div>Garden Mix Veg</div> <div>Orange</div> <div>Milk Half Pint</div> </div>	<div>Stuffed Pepper Tofu Ricotta & Tempeh Crumbles</div> <div> <div>Puttanesca Sauce</div> <div>Whole Wheat Rotini</div> <div>Capri Mixed Veg</div> <div>Applesauce Cup</div> <div>Milk Half Pint</div> </div>	<div>Southwest Tempeh</div> <div> <div>Quinoa, Edamane & Greens</div> <div>Root Veg Chickpea Hash</div> <div>Orange</div> <div>Milk Half Pint</div> </div>	<div>Tofu Egg Foo Young</div> <div> <div>Ginger Orange Sauce</div> <div>Brown Rice</div> <div>Broccoli</div> <div>Apple</div> <div>Milk Half Pint</div> </div>	<div>Tempeh Cauli Chickpea Patty</div> <div> <div>Green Herb Sauce</div> <div>Herbed Bulgur & Veg</div> <div>Eggplant, Peppers & Onions</div> <div>Raisins Box</div> <div>Milk Half Pint</div> </div>	<div>Tofu Mushroom Adobo</div> <div> <div>Brown Rice</div> <div>Garden Mix Veg</div> <div>Applesauce Cup</div> <div>Milk Half Pint</div> </div>	<div>Split Pea & Cauliflower Patty</div> <div> <div>Creamy Basil Sauce</div> <div>Quinoa, Edamane & Greens</div> <div>Capri Mixed Veg</div> <div>Mixed Fruit Cup</div> <div>Milk Half Pint</div> </div>
9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
<div>Tofu Stroganoff</div> <div> <div>Whole Wheat Rotini</div> <div>Broccoli</div> <div>Orange</div> <div>Milk Half Pint</div> </div>	<div>White Bean Spinach Casserole</div> <div> <div>Creamy Tomatillo</div> <div>Capri Mixed Veg</div> <div>Applesauce Cup</div> <div>Milk Half Pint</div> </div>	<div>Mid-East Spiced Tofu</div> <div> <div>Red Bean Veg Masala</div> <div>Quinoa</div> <div>Broccoli</div> <div>Raisins Box</div> <div>Milk Half Pint</div> </div>	<div>Orange Tofu & Edamame</div> <div> <div>Brown Rice</div> <div>Brussel Sprouts</div> <div>Apple</div> <div>Milk Half Pint</div> </div>	<div>Vegetable Ranchero Stew</div> <div> <div>Brown Rice</div> <div>Broccoli</div> <div>Orange</div> <div>Milk Half Pint</div> </div>	<div>Tempeh Cauli Chickpea Patty</div> <div> <div>Pumpkin Puree</div> <div>Whole Wheat Rotini</div> <div>Peas & Carrots</div> <div>Applesauce Cup</div> <div>Milk Half Pint</div> </div>	<div>Curried Tofu</div> <div> <div>Golden Cashew Curry</div> <div>Brown Rice</div> <div>Cauliflower</div> <div>Mixed Fruit Cup</div> <div>Milk Half Pint</div> </div>
16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
<div>Barley Red Bean Burger</div> <div> <div>Parsley Cilantro</div> <div>Brown Rice</div> <div>Broccoli</div> <div>Orange</div> <div>Milk Half Pint</div> </div>	<div>Veg Medley Lasagna</div> <div> <div>Marinara Sauce</div> <div>Peas</div> <div>Applesauce Cup</div> <div>Milk Half Pint</div> </div>	<div>Mid-East Spiced Tofu</div> <div> <div>Green Herb Sauce</div> <div>Whole Wheat Rotini</div> <div>Veg & Bean Saute</div> <div>Raisins Box</div> <div>Milk Half Pint</div> </div>	<div>Curried Tofu</div> <div> <div>Macanese Curry</div> <div>Herbed Bulgur & Veg</div> <div>Apple</div> <div>Milk Half Pint</div> </div>	<div>Black Bean Patty</div> <div> <div>Red Mole Sauce</div> <div>Brown Rice</div> <div>Garden Mix Veg</div> <div>Orange</div> <div>Milk Half Pint</div> </div>	<div>Tofu Sweet Potato Hash</div> <div> <div>Guajillo Chile Sauce</div> <div>Quinoa Brown Rice</div> <div>Peas & Carrots</div> <div>Applesauce Cup</div> <div>Milk Half Pint</div> </div>	<div>Balsamic Portabello Mushroom</div> <div> <div>Lentil-Tempeh Sloppy Joe</div> <div>Whole Wheat Rotini</div> <div>Root Vegetables</div> <div>Mixed Fruit Cup</div> <div>Milk Half Pint</div> </div>
23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
<div>Balsamic Portabello Mushroom</div> <div> <div>White Bean & Spinach Ragout</div> <div> <div>Quinoa & Edamane</div> <div>Peas</div> <div>Orange and Applesauce Cup</div> <div>Milk Half Pint</div> </div> </div>	<div>Black Bean Patty</div> <div> <div>Chipotle Chili Gravy</div> <div> <div>Brown Rice</div> <div>Succotash</div> <div>Raisins Box</div> <div>Milk Half Pint</div> </div> </div>	<div>Southwest Tofu</div> <div> <div>Quinoa Brown Rice</div> <div>Three Bean & Corn Hash</div> <div>Raisins Box</div> <div>Milk Half Pint</div> </div>	<div>Blackened Tempeh</div> <div> <div>Whole Wheat Rotini</div> <div>Artichoke Ragout</div> <div>Apple</div> <div>Milk Half Pint</div> </div>	<div>Tofu & Mushroom Veg Lasagna</div> <div> <div>Marinara Sauce</div> <div>Carrots</div> <div>Orange</div> <div>Milk Half Pint</div> </div>	<div>Savory Tempeh</div> <div> <div>Jambalaya Stew</div> <div>Brown Rice</div> <div>Applesauce Cup</div> <div>Milk Half Pint</div> </div>	<div>Tempeh Cauli Chickpea Patty</div> <div> <div>Cilantro Pumpkin Seed Jalapeno Sauce</div> <div>Barley</div> <div>Green Beans</div> <div>Mixed Fruit Cup</div> <div>Milk Half Pint</div> </div>



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.