



AWD HDM Delivery Menu: June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
Beef Stew w/ Herbs Quinoa Root Vegetables Milk Half Pints Fruit Cup	Chicken w/ Snow Peas Quinoa, Edamame & Greens Peas & Carrots Milk Half Pints Apple	Chicken, Asparagus & Cheddar Brown Rice Carrots Milk Half Pints Tangerine	Baked Salmon Coconut Curry Veg Brown Rice, Farro & Quinoa Milk Half Pints Orange	Turkey Mole Brown Rice, Farro & Quinoa Carrots Milk Half Pints Tangerine	Chicken Pomodoro Stew Whole Wheat Rotini Brussel Sprouts Milk Half Pints Applesauce Cup	Mexican Spiced Chicken Thigh Salsa Verde Brown Rice, Farro & Quinoa Broccoli Milk Half Pints Applesauce Cup
8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
Beef Stew Brown Rice Brussel Sprouts Milk Half Pints Fruit Cup	Hoisin Chicken Thigh Onion Gravy Kimchi Brown Rice Broccoli Milk Half Pints Apple	Pork & Chickpea Stew Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Tangerine	Garlic Herb Salmon Whole Wheat Rotini Artichoke Spinach & Tomato Ragout Milk Half Pints Orange	Turkey Paprikash Stew Brown Rice, Farro & Quinoa Cauliflower Milk Half Pints Tangerine	Chicken Tinga Quinoa Root Vegetables Milk Half Pints Applesauce Cup	Zesty Pork Stew Quinoa, Edamame & Greens Root Vegetables Milk Half Pints Applesauce Cup
15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
Beef & Lentil Ragout Quinoa Broccoli Milk Half Pints Fruit Cup	Chicken Thigh w/ Italian Seasoning Marinara Sauce Whole Wheat Rotini Peas & Carrots Milk Half Pints Apple	Smoky Chicken & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Tangerine	Blackened Salmon Wild Rice Pilaf Sofrito Brussel Sprouts Milk Half Pints Orange	Beef & Turkey Bolognese Twisted Elbow Macaroni Broccoli Milk Half Pints Tangerine	Chicken Chili Verde Brown Rice, Farro & Quinoa Carrots Milk Half Pints Applesauce Cup	Roasted Pork Loin Southern Creole Style Red Beans Creole Sauce Brown Rice Milk Half Pints Applesauce Cup
22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
Beef Chili Brown Rice Broccoli Milk Half Pints Fruit Cup	Five Spice Chicken Thigh Sichuan Veggie Stir Fry Brown Rice, Farro & Quinoa Milk Half Pints Apple	Pork & White Bean Chili Quinoa, Edamame & Greens Corn Milk Half Pints Tangerine	Baked Salmon Lite Alfredo Sauce Brown Rice, Farro & Quinoa Peas & Carrots Milk Half Pints Orange	Turkey Primavera Whole Wheat Rotini Carrots Milk Half Pints Tangerine	Orange Chicken & Edamame Stirfry Quinoa Corn Milk Half Pints Applesauce Cup	Chicken & Mushroom Adobo Quinoa, Edamame & Greens Roasted Sweet Potatoes Milk Half Pints Applesauce Cup
29-Jun	30-Jun	 				
Beef Stroganoff Brown Rice Broccoli Milk Half Pints Fruit Cup	Chicken Thigh Turkey Gravy Brown Rice, Farro & Quinoa Brussel Sprouts Milk Half Pints Apple	<p>Please Note: 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.</p>				

Nutrition Education: Magnesium: Sources & Benefits

By Kristi Friesen, Registered Dietitian at Project Open Hand

What does magnesium do for me?

Most people in the United States do not consume enough magnesium on a daily basis. Magnesium is an essential mineral and has some important roles:

- Structural component of bones and teeth
- Regulates nerve transmission and muscle contraction
- Assists in hundreds of essential cell-to-cell communications

Some foods are good sources of magnesium including green leafy vegetables, whole grains, beans, and nuts.

Since magnesium is a part of chlorophyll, the green pigment in plants, green leafy vegetables are good sources of magnesium. Darker green vegetables will contain more magnesium than lighter pigments. Unrefined (whole grains) and nuts also have high magnesium content.

How much magnesium do you need?

The Recommended Daily Allowance (RDA) for men over 31 years old is 420mg, and for women over 31 years old it is 320mg.

The tolerable Upper Intake Level (UL) for magnesium is 350mg/day from supplements. The UL does not apply to naturally occurring magnesium in foods. If you are considering a supplement form of magnesium, check with your doctor about a safe intake level.

Nutrient Interactions

Taking high doses of supplemental zinc may interfere with the absorption of magnesium. Check with your doctor about all high dose supplements to ensure you are keeping your nutrient intake in a good balance!

What Foods Have Magnesium?

Food	Serving	Milligrams (mg) per serving
Brazil nuts	1 ounce (6 each)	107
Cereal, oat bran	½ cup dry	96
Brown rice, medium grain, cooked	1 cup	86
Cashews	1 ounce (16 each)	83
Spinach, frozen chopped, cooked	½ cup	78
Almonds	1 ounce (23 each)	77
Swiss chard, chopped, cooked	½ cup	75
Avocado	1 fruit	58

Our Mission

At Project Open Hand we believe in the healing power of nutrition. Medically tailored nutrition is essential in addressing illness, supporting aging with dignity, and reducing social disparities. Our nutrition interventions improve and affirm the health and well-being of San Francisco Bay Area residents.

The Adults with Disabilities Home Delivered Meals Program is funded by City of San Francisco's Department of Disability and Aging Services, U.S.D.A., Project Open Hand, & participants.

Stay connected with POH



For inquiries contact:
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