



# AWD Vegetarian 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	
<b>Barley Red Bean Burger</b> Parsley Cilantro Sauce Quinoa Green Beans Milk Half Pints Fruit Cup	<b>Vegetable Medley Lasagna</b> Marinara Sauce Broccoli Milk Half Pints Apple	<b>Roasted Baharat Tofu</b> Green Herb Tahini Sauce Whole Wheat Rotini Veg & Kidney Bean Saute Milk Half Pints Tangerine	<b>Macanese Curry Tofu</b> Coconut Curry Veg Brown Rice, Farro & Quinoa Milk Half Pints Orange	<b>Black Bean Chili Patty</b> Red Mole Sauce Brown Rice Garden Mixed Vegetables Milk Half Pints Tangerine	Tofu Sweet Potato Creole Hash Tomatillo Cream Sauce Brown Rice Cauliflower Milk Half Pints Applesauce Cup	<b>Lentil-Tempeh Sloppy Joe</b> Balsamic Portabello Mushroom Whole Wheat Rotini Capri Mixed Vegetables Milk Half Pints Applesauce Cup	
8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	
<b>White Bean &amp; Spinach Ragout</b> Balsamic Portabello Mushroom Whole Wheat Rotini Asparagus Milk Half Pints Fruit Cup	<b>Sesame Marinated Tempeh Sticks</b> Onion Gravy Kimchi Brown Rice Edamame, Onions & Peppers Milk Half Pints Apple	<b>Southwest Chili-Spiced Tofu</b> w/ Cilantro Quinoa Three Bean & Corn Hash Milk Half Pints Tangerine	<b>Blackened Tempeh Sticks</b> Whole Wheat Rotini Artichoke Spinach & Tomato Ragout Milk Half Pints Orange	Eggplant, Chickpea & Tomato Bake Brown Rice Cauliflower Milk Half Pints Tangerine	<b>Tempeh Jambalaya Stew</b> Brown Rice Milk Half Pints Applesauce Cup	<b>Tempeh Cauli Chickpea Patty</b> Savory Tomato & Green Pepper Relish Brown Rice, Farro & Quinoa Green Beans Milk Half Pints Applesauce Cup	
15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	
<b>Southern Creole Red Beans</b> Andouille-style Tempeh & Mushroom Hash Brown Rice Broccoli Milk Half Pints Fruit Cup	<b>White Beans w/ Kale &amp; Artichoke</b> Marinara Sauce Whole Wheat Rotini Vegan Seed "Parmesan" Milk Half Pints Apple	<b>Five-Spice Roasted Tofu</b> Asian Veg Sichuan Stir Fry Brown Rice Milk Half Pints Tangerine	<b>Black Bean Chili Patty</b> Sofrito Brown Rice Brussel Sprouts Milk Half Pints Orange	<b>Tempeh Burrito Casserole</b> Broccoli Milk Half Pints Tangerine	<b>Roasted Baharat Tofu</b> Ethiopian Gingery Split Pea Stew Brown Rice Cauliflower Milk Half Pints Applesauce Cup	<b>Tempeh Veg &amp; Bean Chili</b> Quinoa Herbed Corn & Edamame Milk Half Pints Applesauce Cup	
22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	
<b>Vegetarian Gumbo</b> Quinoa, Edamame & Greens Roasted Sweet Potatoes Milk Half Pints Fruit Cup	<b>Stuffed Pepper Tofu Ricotta</b> Puttanesca Sauce Whole Wheat Rotini Capri Mixed Vegetables Milk Half Pints Apple	<b>Lemon-Herb Portabello+Tofu Ricotta</b> Citrus Red Pepper & Chickpeas Quinoa, Edamame & Greens Milk Half Pints Tangerine	<b>Cauli-Cashew+Tempeh Mac &amp; Cheese</b> Asparagus Milk Half Pints Orange	<b>Tempeh Cauli Chickpea Patty</b> Green Herb Tahini Sauce Quinoa Spiced Asparagus & Chickpea Milk Half Pints Tangerine	<b>Tofu &amp; Mushroom Adobo</b> Brown Rice Garden Mixed Vegetables Milk Half Pints Applesauce Cup	<b>Split Pea &amp; Cauliflower Patty</b> Creamy Basil Pesto Sauce Quinoa, Edamame & Greens Capri Mixed Vegetables Milk Half Pints Applesauce Cup	
29-Jun	30-Jun						
<b>Tofu Stroganoff</b> Whole Wheat Rotini Broccoli Milk Half Pints Fruit Cup	<b>White Bean &amp; Spinach Casserole</b> Pumpkin Seed Sauce Garden Mixed Vegetables Milk Half Pints Apple	 					<p><b>Please Note:</b>                      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!

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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