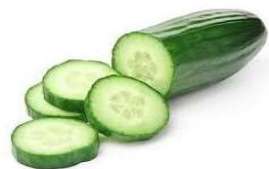


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> Project Open Hand 40 years of meals with love</div> <div> SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</div>	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
	Cumin Spiced Chicken Thigh	Smoky Chicken-Lentil Stew	Cod Filet	Beef & Turkey Bolognese	Pork Pozole Verde	Garlic & Ginger Chicken Breast
	Quinoa Brown Rice	Brown Rice	Argentinean Fish	Whole Wheat Macaroni	Brown Rice	Sweet & Sour Sauce
	Tikka Masala	Garden Mix Veg	Parsley Cilantro	Broccoli	Milk Half Pint	Veggie Fried Brown
	Carrots	Milk Half Pint	Brown Rice	Milk Half Pint	Applesauce Cup	Milk Half Pint
	Milk Half Pint	Raisins Box	Milk Half Pint	Orange		Mixed Fruit Cup
Applesauce Cup		Apple				
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
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			
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
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					
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
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
28-Jul	29-Jul	30-Jul	31-Jul			
Beef Birria	Chicken Thigh	Pork & Chickpea Stew	Garlic Herb Salmon	AWD HDM DELIVERY MENU: JULY 2025		
Brown Rice	Chipotle Chili Gravy	Quinoa Brown Rice	Whole Wheat Rotini	<p>Please Note:</p> <p>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>		
Carrots	Brown Rice	Cauliflower	Artichoke Ragout			
Milk Half Pint	Succotash	Milk Half Pint	Milk Half Pint			
Orange	Milk Half Pint	Raisins Box	Apple			
	Applesauce Cup					



PROJECT OPEN HAND

AWD HDM Menu

July 2025



Keeping Cool as a Cucumber

Emily Hickey, UCSF Dietetic Intern at Project Open Hand

Not many foods are truly as cool as the cucumber...they are a versatile, tasty source of fiber, Vitamin A, K, and C. This fruit is low calorie and extremely hydrating due to the high-water content – perfect for keeping you well-hydrated during the hottest months of the year!

How can a cucumber benefit your health?

- Water and fiber in cucumbers promote good digestion and can prevent constipation (keep the peel on when you eat them!)
- The low glycemic index of this food is beneficial if you have diabetes to help manage blood sugar
- If you have a hard time drinking enough water during the day, snacking on cucumbers can help hydrate you (water intake is important for blood pressure, digestion, kidney function, memory, and regulating body temperature)

How can I eat a cucumber?

- Slice them and enjoy raw! They are great dipped in hummus, salsa, or yogurt dip.
- Blend them into a smoothie or juice.
- Cut them up and add to a sandwich, wrap, salad, or rice bowl.
- Pickle them – mix ½ cup white vinegar with ½ cup water.
- Add 1 Tablespoon sugar, 1 teaspoon salt, and optional black pepper, red pepper flakes, garlic, or herbs like dill. Mix well and add 1 thinly sliced cucumber. Let sit in the fridge for at least 12 hours, then add to salads, sandwiches, or eat as a delicious snack!

How do I store a cucumber?

- Wash, dry, and store your fresh cucumber in the fridge for up to a week
- Pickled cucumbers can last in the fridge up to 4 weeks

<https://health.clevelandclinic.org/benefits-of-cucumbers>

Our Mission

Project Open Hand’s mission is to improve health outcomes and quality of life by providing meals to the sick and vulnerable, caring for and educating our community.

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:
HDM AWD Outreach Specialist at 415-655-1361