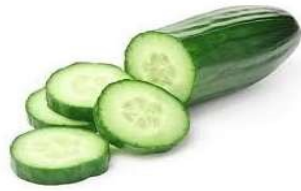


# AWD Vegetarian HDM Delivery Menu: July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div><p>Project Open Hand 40 years of meals with love</p><p>SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services</p></div>	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
	<b>Roasted Savory Tempeh</b>	<b>Five Spice Tofu</b>	<b>Artichoke Frittata</b>	<b>Tempeh Burrito Casserole</b>	<b>Southwest Tofu</b>	<b>Tempeh Veg &amp; Bean Chili</b>
	Tikka Masala	Asian Veg Sichuan Stirfry	Parsley Cilantro	Broccoli	Cajun Tofu & Beans	Quinoa Brown Rice
	Quinoa Brown Rice	Brown Rice	Whole Wheat Rotini	Orange	Brown Rice	Herbed Corn & Edamame
	Carrots	Raisins Box	Garden Mix Veg	Milk Half Pint	Carrots	Mixed Fruit Cup
	Applesauce Cup	Milk Half Pint	Apple		Applesauce Cup	Milk Half Pint
	Milk Half Pint		Milk Half Pint		Milk Half Pint	
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
<b>Rustic Lentil Tofu Bolognese</b>	<b>Stuffed Pepper Tofu Ricotta &amp; Tempeh Crumbles</b>	<b>Southwest Tempeh</b>	<b>Tofu Egg Foo Young</b>	<b>Tempeh Cauli Chickpea Patty</b>	<b>Tofu Mushroom Adobo</b>	<b>Split Pea &amp; Cauliflower Patty</b>
Whole Wheat Rotini	Puttanesca Sauce	Quinoa, Edamame & Greens	Ginger Orange Sauce	Green Herb Sauce	Brown Rice	Creamy Basil Sauce
Garden Mix Veg	Whole Wheat Rotini	Root Veg Chickpea Hash	Brown Rice	Herbed Bulgur & Veg	Garden Mix Veg	Quinoa, Edamame & Greens
Orange	Capri Mixed Veg	Orange	Broccoli	Eggplant, Peppers & Onions	Applesauce Cup	Capri Mixed Veg
Milk Half Pint	Applesauce Cup	Milk Half Pint	Apple	Raisins Box	Milk Half Pint	Mixed Fruit Cup
	Milk Half Pint		Milk Half Pint	Milk Half Pint		Milk Half Pint
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
<b>Tofu Stroganoff</b>	<b>White Bean Spinach Casserole</b>	<b>Mid-East Spiced Tofu</b>	<b>Orange Tofu &amp; Edamame</b>	<b>Vegetable Ranchero Stew</b>	<b>Tempeh Cauli Chickpea Patty</b>	<b>Curried Tofu</b>
Whole Wheat Rotini	Creamy Tomatillo	Red Bean Veg Masala	Brown Rice	Brown Rice	Pumpkin Puree	Golden Cashew Curry
Broccoli	Capri Mixed Veg	Quinoa	Brussel Sprouts	Broccoli	Whole Wheat Rotini	Brown Rice
Orange	Applesauce Cup	Broccoli	Apple	Orange	Peas & Carrots	Cauliflower
Milk Half Pint	Milk Half Pint	Raisins Box	Milk Half Pint	Milk Half Pint	Applesauce Cup	Mixed Fruit Cup
		Milk Half Pint			Milk Half Pint	Milk Half Pint
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul
<b>Barley Red Bean Burger</b>	<b>Veg Medley Lasagna</b>	<b>Mid-East Spiced Tofu</b>	<b>Curried Tofu</b>	<b>Black Bean Patty</b>	<b>Tofu Sweet Potato Hash</b>	<b>Balsamic Portabello Mushroom</b>
Parsley Cilantro	Marinara Sauce	Green Herb Sauce	Macanese Curry	Red Mole Sauce	Guajillo Chile Sauce	Lentil-Tempeh Sloppy Joe
Brown Rice	Peas	Whole Wheat Rotini	Herbed Bulgur & Veg	Brown Rice	Quinoa Brown Rice	Whole Wheat Rotini
Broccoli	Applesauce Cup	Veg & Bean Saute	Apple	Garden Mix Veg	Peas & Carrots	Root Vegetables
Orange	Milk Half Pint	Raisins Box	Milk Half Pint	Orange	Applesauce Cup	Mixed Fruit Cup
Milk Half Pint		Milk Half Pint		Milk Half Pint	Milk Half Pint	Milk Half Pint
28-Jul	29-Jul	30-Jul	31-Jul	<p><b>Please Note:</b></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>		
<b>Balsamic Portabello Mushroom</b>	<b>Black Bean Patty</b>	<b>Southwest Tofu</b>	<b>Blackened Tempeh</b>			
White Bean & Spinach Ragout	Chipotle Chili Gravy	Quinoa Brown Rice	Whole Wheat Rotini			
Quinoa & Edamame	Brown Rice	Three Bean & Corn Hash	Artichoke Ragout			
Peas	Succotash	Raisins Box	Apple			
Orange and Applesauce Cup	Raisins Box	Milk Half Pint	Milk Half Pint			
Milk Half Pint	Milk Half Pint					



## Keeping Cool as a Cucumner

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**