



# AWD HDM Delivery Menu: July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 		<b>1-Jul</b>	<b>2-Jul</b>	<b>3-Jul</b>	<b>4-Jul</b>	<b>5-Jul</b>
		<b>Chicken Drumsticks</b> Dijon Sauce Wild Rice Pilaf Milk Half Pints Raisins	<b>Baked Salmon</b> Sweet & Sour Vegetables Quinoa, Edamame & Greens Broccoli Milk Half Pints Apple	<b>Provençal Turkey Stew</b> Whole Wheat Rotini Carrots Milk Half Pints Orange	<b>Chicken Fajita Stew</b> Brown Rice Carrots Milk Half Pints Applesauce Cup	<b>Chicken Gumbo</b> Brown Rice Broccoli Milk Half Pints Fruit Cup
<b>6-Jul</b>	<b>7-Jul</b>	<b>8-Jul</b>	<b>9-Jul</b>	<b>10-Jul</b>	<b>11-Jul</b>	<b>12-Jul</b>
<b>Beef Stew w/ Herbs</b> Quinoa Root Vegetables Milk Half Pints Orange	<b>Chicken w/ Snow Peas</b> Quinoa, Edamame & Greens Peas & Carrots Milk Half Pints Applesauce Cup	<b>Chicken, Asparagus &amp; Cheddar</b> Brown Rice Carrots Milk Half Pints Raisins	<b>Baked Salmon</b> Coconut Curry Veg Brown Rice, Farro & Quinoa Milk Half Pints Apple	<b>Turkey Mole</b> Brown Rice, Farro & Quinoa Carrots Milk Half Pints Orange	<b>Chicken Pomodoro Stew</b> Whole Wheat Rotini Brussel Sprouts Milk Half Pints Applesauce Cup	<b>Mexican Spiced Chicken Thigh</b> Salsa Verde Brown Rice, Farro & Quinoa Broccoli Milk Half Pints Fruit Cup
<b>13-Jul</b>	<b>14-Jul</b>	<b>15-Jul</b>	<b>16-Jul</b>	<b>17-Jul</b>	<b>18-Jul</b>	<b>19-Jul</b>
<b>Beef Stew</b> Brown Rice Brussel Sprouts Milk Half Pints Orange	<b>Hoisin Chicken Thigh</b> Onion Gravy Kimchi Brown Rice Broccoli Milk Half Pints Applesauce Cup	<b>Pork &amp; Chickpea Stew</b> Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Raisins	<b>Garlic Herb Salmon</b> Whole Wheat Rotini Artichoke Spinach & Tomato Ragout Milk Half Pints Apple	<b>Turkey Paprikash Stew</b> Brown Rice, Farro & Quinoa Cauliflower Milk Half Pints Orange	<b>Chicken Tinga</b> Quinoa Root Vegetables Milk Half Pints Applesauce Cup	<b>Zesty Pork Stew</b> Quinoa, Edamame & Greens Root Vegetables Milk Half Pints Fruit Cup
<b>20-Jul</b>	<b>21-Jul</b>	<b>22-Jul</b>	<b>23-Jul</b>	<b>24-Jul</b>	<b>25-Jul</b>	<b>26-Jul</b>
<b>Beef &amp; Lentil Ragout</b> Quinoa Broccoli Milk Half Pints Orange	<b>Chicken Thigh w/ Italian Seasoning</b> Marinara Sauce Whole Wheat Rotini Peas & Carrots Milk Half Pints Applesauce Cup	<b>Smoky Chicken &amp; Lentil Stew</b> Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Raisins	<b>Blackened Salmon</b> Wild Rice Pilaf Sofrito Brussel Sprouts Milk Half Pints Apple	<b>Beef &amp; Turkey Bolognese</b> Twisted Elbow Macaroni Broccoli Milk Half Pints Orange	<b>Chicken Chili Verde</b> Brown Rice, Farro & Quinoa Carrots Milk Half Pints Applesauce Cup	<b>Roasted Pork Loin</b> Southern Creole Style Red Beans Creole Sauce Brown Rice Milk Half Pints Fruit Cup
<b>27-Jul</b>	<b>28-Jul</b>	<b>29-Jul</b>	<b>30-Jul</b>	<b>31-Jul</b>	<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>	
<b>Beef Chili</b> Brown Rice Broccoli Milk Half Pints Orange	<b>Five Spice Chicken Thigh</b> Sichuan Veggie Stir Fry Brown Rice, Farro & Quinoa Milk Half Pints Applesauce Cup	<b>Pork &amp; White Bean Chili</b> Quinoa, Edamame & Greens Corn Milk Half Pints Raisins	<b>Baked Salmon</b> Lite Alfredo Sauce Brown Rice, Farro & Quinoa Peas & Carrots Milk Half Pints Apple	<b>Turkey Primevera</b> Whole Wheat Rotini Carrots Milk Half Pints Orange		

## PROJECT OPEN HAND

# July 2026

### AWD HDM Menu

## Nutrition Education: Stay Cool & Hydrated: Smart Summer Nutrition

By Varsha Bhanoor, Dietetic Intern at Project Open Hand

### Why Hydration Matters

Water helps your body control temperature, support digestion, and keep energy levels up. In hot weather, you lose more fluids through sweat, increasing your risk of dehydration.

### Signs of Dehydration

- Dry mouth or lips
- Dark yellow urine
- Feeling dizzy or tired
- Headache

Older adults may not feel thirsty so it's important to drink fluids regularly.

### How Much Do You Need?

Most adults need about **8–10 cups (64–80 oz) of fluids daily**, and more in hot weather or with activity.

### Eat Your Water

Hydrating foods can help you meet your fluid needs:

#### Food and Benefit

Watermelon - 90% water + refreshing  
Cucumber - Very high water content  
Oranges - Fluids + vitamin C  
Yogurt - Protein + hydration

### Smart Hydration Tips

- Carry a water bottle
- Sip water every 1–2 hours
- Flavor water with fruit or herbs
- Limit sugary drinks and soda
- Choose soups, smoothies, or milk



### Try This

**Infused Water:** Add lemon + mint or berries + cucumber. Chill and enjoy!

**Quick Reminder:** Don't wait until you feel thirsty. Drink fluids throughout the day.

#### 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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