


AWD Vegetarian HDM Delivery Menu: July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 		1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
		Roasted Baharat Tofu Red Bean & Veggie Masala Quinoa Broccoli Milk Half Pints Raisins	Orange Tofu & Edamame Brown Rice Brussel Sprouts Milk Half Pints Apple	Blackeyed Peas, Tempeh & Peanut Stew Brown Rice Broccoli Milk Half Pints Orange	Tempeh Cauli Chickpea Patty Butternut Squash & Veggies Whole Wheat Rotini Milk Half Pints Applesauce Cup	Golden Tofu Cashew Curry Brown Rice Cauliflower Milk Half Pints Fruit Cup
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
Barley Red Bean Burger Parsley Cilantro Sauce Quinoa Green Beans Milk Half Pints Orange	Vegetable Medley Lasagna Marinara Sauce Broccoli Milk Half Pints Applesauce	Roasted Baharat Tofu Green Herb Tahini Sauce Whole Wheat Rotini Veg & Kidney Bean Saute Milk Half Pints Raisins	Macanese Curry Tofu Coconut Curry Veg Brown Rice, Farro & Quinoa Milk Half Pints Apple	Black Bean Chili Patty Red Mole Sauce Brown Rice Garden Mixed Vegetables Milk Half Pints Orange	Tofu Sweet Potato Creole Hash Tomatillo Cream Sauce Brown Rice Cauliflower Milk Half Pints Applesauce Cup	Lentil-Tempeh Sloppy Joe Balsamic Portabello Mushroom Whole Wheat Rotini Capri Mixed Vegetables Milk Half Pints Fruit Cup
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
White Bean & Spinach Ragout Balsamic Portabello Mushroom Whole Wheat Rotini Asparagus Milk Half Pints Orange	Sesame Marinated Tempeh Sticks Onion Gravy Kimchi Brown Rice Edamame, Onions & Peppers Milk Half Pints Applesauce	Southwest Chili-Spiced Tofu w/ Cilantro Quinoa Three Bean & Corn Hash Milk Half Pints Raisins	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout Milk Half Pints Apple	Eggplant, Chickpea & Tomato Bake Brown Rice Cauliflower Milk Half Pints Orange	Tempeh Jambalaya Stew Brown Rice Milk Half Pints Applesauce Cup	Tempeh Cauli Chickpea Patty Savory Tomato & Green Pepper Relish Brown Rice, Farro & Quinoa Green Beans Milk Half Pints Fruit Cup
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
Southern Creole Red Beans Andouille-style Tempeh & Mushroom Hash Brown Rice Broccoli Milk Half Pints Orange	White Beans w/ Kale & Artichoke Marinara Sauce Whole Wheat Rotini Vegan Seed "Parmesan" Milk Half Pints Applesauce	Five-Spice Roasted Tofu Asian Veg Sichuan Stir Fry Brown Rice Milk Half Pints Raisins	Black Bean Chili Patty Sofrito Brown Rice Brussel Sprouts Milk Half Pints Apple	Tempeh Burrito Casserole Broccoli Milk Half Pints Orange	Roasted Baharat Tofu Ethiopian Gingery Split Pea Stew Brown Rice Cauliflower Milk Half Pints Applesauce Cup	Tempeh Veg & Bean Chili Quinoa Herbed Corn & Edamame Milk Half Pints Fruit Cup
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul		
Vegetarian Gumbo Quinoa, Edamame & Greens Roasted Sweet Potatoes Milk Half Pints Orange	Stuffed Pepper Tofu Ricotta Puttanesca Sauce Whole Wheat Rotini Capri Mixed Vegetables Milk Half Pints Applesauce	Lemon-Herb Portabello+Tofu Ricotta Citrus Red Pepper & Chickpeas Quinoa, Edamame & Greens Milk Half Pints Raisins	Cauli-Cashew+Tempeh Mac & Cheese Asparagus Milk Half Pints Apple	Tempeh Cauli Chickpea Patty Green Herb Tahini Sauce Quinoa Spiced Asparagus & Chickpea Milk Half Pints Orange	<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: 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:

HDM AWD Outreach Specialist at 415-655-1361