

AWD HDM Delivery Menu: August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
31-Aug Beef Chili Brown Rice Broccoli Milk Half Pints Orange	 Project Open Hand meals with love	 SAN FRANCISCO HUMAN SERVICES AGENCY Department of Disability and Aging Services	<i>Please Note:</i> 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.		1-Aug Orange Chicken & Edamame Stirfry Quinoa Corn Milk Half Pints Applesauce Cup	2-Aug Chicken & Mushroom Adobo Quinoa, Edamane & Greens Roasted Sweet Potatoes Milk Half Pints Fruit Cup				
3-Aug Beef Stroganoff Brown Rice Broccoli Milk Half Pints Orange					4-Aug Chicken Thigh Turkey Gravy Brown Rice,Farro & Quinoa Brussel Sprouts Milk Half Pints Applesauce Cup	5-Aug Chicken Drumsticks Dijon Sauce Wild Rice Pilaf Milk Half Pints Raisins	6-Aug Baked Salmon Sweet & Sour Vegetables Quinoa, Edamane & Greens Broccoli Milk Half Pints Apple	7-Aug Provençal Turkey Stew Whole Wheat Rotini Carrots Milk Half Pints Orange	8-Aug Chicken Fajita Stew Brown Rice Carrots Milk Half Pints Applesauce Cup	9-Aug Chicken Gumbo Brown Rice Broccoli Milk Half Pints Fruit Cup
10-Aug Beef Stew w/ Herbs Quinoa Root Vegetables Milk Half Pints Orange					11-Aug Chicken w/ Snow Peas Quinoa, Edamane & Greens Peas & Carrots Milk Half Pints Applesauce Cup	12-Aug Chicken,Asparagus & Cheddar Brown Rice Carrots Milk Half Pints Raisins	13-Aug Baked Salmon Coconut Curry Veg Brown Rice,Farro & Quinoa Milk Half Pints Apple	14-Aug Turkey Mole Brown Rice,Farro & Quinoa Carrots Milk Half Pints Orange	15-Aug Chicken Pomodoro Stew Whole Wheat Rotini Brussel Sprouts Milk Half Pints Applesauce Cup	16-Aug Mexican Spiced Chicken Thigh Salsa Verde Brown Rice,Farro & Quinoa Broccoli Milk Half Pints Fruit Cup
17-Aug Beef Stew Brown Rice Brussel Sprouts Milk Half Pints Orange					18-Aug Hoisin Chicken Thigh Onion Gravy Kimchi Brown Rice Broccoli Milk Half Pints Applesauce Cup	19-Aug Pork & Chickpea Stew Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Raisins	20-Aug Garlic Herb Salmon Whole Wheat Rotini Artichoke Spinach & Tomato Ragout Milk Half Pints Apple	21-Aug Turkey Paprikash Stew Brown Rice,Farro & Quinoa Cauliflower Milk Half Pints Orange	22-Aug Chicken Tinga Quinoa Root Vegetables Milk Half Pints Applesauce Cup	23-Aug Zesty Pork Stew Quinoa, Edamane & Greens Root Vegetables Milk Half Pints Fruit Cup
24-Aug Beef & Lentil Ragout Quinoa Broccoli Milk Half Pints Orange					25-Aug Chicken Thigh w/ Italian Seasoning Marinara Sauce Whole Wheat Rotini Peas & Carrots Milk Half Pints Applesauce Cup	26-Aug Smoky Chicken & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Raisins	27-Aug Blackened Salmon Wild Rice Pilaf Sofrito Brussel Sprouts Milk Half Pints Apple	28-Aug Beef & Turkey Bolognese Twisted Elbow Macaroni Broccoli Milk Half Pints Orange	29-Aug Chicken Chili Verde Brown Rice,Farro & Quinoa Carrots Milk Half Pints Applesauce Cup	30-Aug Roasted Pork Loin Southern Creole Style Red Beans Creole Sauce Brown Rice Milk Half Pints Fruit Cup

By Liel Grosskopf, Dietetic Intern

Some nutrition combinations are better together, like protein and fiber!

Protein helps your body heal and stay strong. Fiber helps your stomach and gut work well and keeps your blood sugar balanced. When you eat them together, they help you feel full longer and give you more steady energy throughout the day. **Aim to include at least one protein source and one fiber source at every meal.**

Benefits of combining protein and fiber:

- **Satiety** – Both protein and fiber slow down digestion. That means you feel satisfied after eating and are less likely to feel hungry soon after a meal.
- **Blood sugar balance** – Fiber and protein slow down how fast sugar enters the blood. This helps prevent high blood sugar after meals.
- **Energy** – When your blood sugar is balanced, you avoid energy crashes that make you feel tired throughout the day.
- **Gut health** – Fiber feeds the good bacteria in the gut. A healthy gut helps with digestion, your immune system, and even your mood!
- **Muscle protection** – Protein gives your body what it needs to keep your muscles strong. This matters even more as you get older.

How much protein and fiber do I need?

Protein:

At least 1-1.25 grams of protein per kilogram of body weight (or 0.4 - 0.6 grams per pound) per day

Example: A person who weighs 70 kg may need about 70-88 grams of protein per day

Fiber:

Adult women need about 21-25 grams of fiber per day

Adult men need about 30-38 grams of fiber per day

How do I build a power pair meal?

Breakfast: Oatmeal with a scoop of peanut butter, sliced banana, and yogurt

Lunch: Add lentils, chickpeas, or beans to a rice bowl or salad

Snack: Apple with a handful of almonds

Dinner: Tofu, chicken, or fish alongside a generous serving of vegetables and a whole grain such as brown rice or quinoa.

<https://diabetes.org/food-nutrition/reading-food-labels/protein>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

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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