

AWD Vegetarian HDM Delivery Menu: August 2026

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

Nutrition Education: Stay Cool & Hydrated: Smart Summer Nutrtn

By Liel Grosskopf, Dietetic Intern at Project Open Hand

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:

HDM AWD Outreach Specialist at 415-655-1361