

AWD HDM Delivery Menu: September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	
	Five Spice Chicken Thigh Sichuan Veggie Stir Fry Brown Rice,Farro & Quinoa Milk Half Pints Applesauce Cup	Pork & White Bean Chili Quinoa, Edamane & Greens Corn Milk Half Pints Raisins	Baked Salmon Lite Alfredo Sauce Brown Rice,Farro & Quinoa Peas & Carrots Milk Half Pints Apple	Turkey Primevera Whole Wheat Rotini Carrots Milk Half Pints Orange	Orange Chicken & Edamame Stirfry Quinoa Corn Milk Half Pints Applesauce Cup	Chicken & Mushroom Adobo Quinoa, Edamane & Greens Roasted Sweet Potatoes Milk Half Pints Fruit Cup	
	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
	Beef Stroganoff Brown Rice Broccoli Milk Half Pints Orange	Chicken Thigh Turkey Gravy Brown Rice,Farro & Quinoa Brussel Sprouts Milk Half Pints Applesauce Cup	Chicken Drumsticks Dijon Sauce Wild Rice Pilaf Milk Half Pints Raisins	Baked Salmon Sweet & Sour Vegetables Quinoa, Edamane & Greens Broccoli Milk Half Pints Apple	Provencal Turkey Stew Whole Wheat Rotini Carrots Milk Half Pints Orange	Chicken Fajita Stew Brown Rice Carrots Milk Half Pints Applesauce Cup	Chicken Gumbo Brown Rice Broccoli Milk Half Pints Fruit Cup
	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Beef Stew w/ Herbs Quinoa Root Vegetables Milk Half Pints Orange	Chicken w/ Snow Peas Quinoa, Edamane & Greens Peas & Carrots Milk Half Pints Applesauce Cup	Chicken,Asparagus & Cheddar Brown Rice Carrots Milk Half Pints Raisins	Baked Salmon Coconut Curry Veg Brown Rice,Farro & Quinoa Milk Half Pints Apple	Turkey Mole Brown Rice,Farro & Quinoa Carrots Milk Half Pints Orange	Chicken Pomodoro Stew Whole Wheat Rotini Brussel Sprouts Milk Half Pints Applesauce Cup	Mexican Spiced Chicken Thigh Salsa Verde Brown Rice,Farro & Quinoa Broccoli Milk Half Pints Fruit Cup	
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	
Beef Stew Brown Rice Brussel Sprouts Milk Half Pints Orange	Hoisin Chicken Thigh Onion Gravy Kimchi Brown Rice Broccoli Milk Half Pints Applesauce Cup	Pork & Chickpea Stew Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Raisins	Garlic Herb Salmon Whole Wheat Rotini Artichoke Spinach & Tomato Ragout Milk Half Pints Apple	Turkey Paprikash Stew Brown Rice,Farro & Quinoa Cauliflower Milk Half Pints Orange	Chicken Tinga Quinoa Root Vegetables Milk Half Pints Applesauce Cup	Zesty Pork Stew Quinoa, Edamane & Greens Root Vegetables Milk Half Pints Fruit Cup	
28-Sep	29-Sep	30-Sep					
Beef & Lentil Ragout Quinoa Broccoli Milk Half Pints Orange	Chicken Thigh w/ Italian Seasoning Marinara Sauce Whole Wheat Rotini Peas & Carrots Milk Half Pints Applesauce Cup	Smoky Chicken & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables Milk Half Pints Raisins	 Project Open Hand meals with love  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.				

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.

For inquiries contact:
HDM AWD Outreach Specialist at 415-655-1361

Stay connected with POH



PROJECT OPEN HAND
AWD HDM Menu

September 2026



Nutrition Education: DEFROSTING FOODS SAFELY

By Kirstin Jackson, Registered Dietitian at Project Open Hand

Did you know that there are right and wrong ways to defrost frozen food?

Thawing foods correctly will help keep food free from unwanted bacteria, and you safe from foodborne illness!

Project Open Hand meals do not need to be defrosted before heating. Simply follow the heating directions on the package for safe and delicious meals.

DEFROSTING GUIDELINES:

DON'T:

- **Don't** leave frozen foods on the counter overnight to defrost.
 - The food's temperature will rise above 40 degrees if left out for many hours. Unhealthy bacteria love to grow in this temperature danger zone!

INSTEAD:

- **Thaw your food over a day or two in the fridge.**
 - This way your food stays cold as it slowly defrost.

HAVE LESS TIME?

- **Defrost your food in a bowl of cold water** ~takes around 1 to 3 hours.
 - Make sure your food is in a leak-proof container (like a sealed bag).
 - Fill a large bowl with cold water.
 - Put your packaged food in the bowl. Make sure there is enough water to cover your food.
 - Replace the water every 30 minutes until your food is defrosted.
 - Cook immediately once thawed.

OR Defrost in the microwave. Follow your microwave's defrost instructions.

DON'T: Defrost food in hot water. Thawing food in hot water unevenly defrosts the food. The outside of the food might even start to cook in the hot water while the inside is frozen!

For more information: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/big-thaw-safe-defrosting-methods>