

AWD Vegetarian HDM Delivery Menu: September 2026

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

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 defrosts.

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>

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