

AWD HDM Delivery Menu: October 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
 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.						1-Oct		2-Oct		3-Oct		4-Oct	
						Blackened Salmon		Beef & Turkey Bolognese		Chicken Chili Verde		Roasted Pork Loin	
						Wild Rice Pilaf		Twisted Elbow Macaroni		Brown Rice,Farro & Quinoa		Southern Creole Style Red Beans	
						Sofrito		Broccoli		Carrots		Creole Sauce	
						Brussel Sprouts		Milk Half Pints		Milk Half Pints		Brown Rice	
						Milk Half Pints		Orange		Applesauce Cup		Milk Half Pints	
						Apple						Fruit Cup	
5-Oct		6-Oct		7-Oct		8-Oct		9-Oct		10-Oct		11-Oct	
Beef Chili		Five Spice Chicken Thigh		Pork & White Bean Chili		Baked Salmon		Turkey Primevera		Orange Chicken & Edamame Stirfry		Chicken & Mushroom Adobo	
Brown Rice		Sichuan Veggie Stir Fry		Quinoa, Edamane & Greens		Lite Alfredo Sauce		Whole Wheat Rotini		Quinoa		Quinoa, Edamane & Greens	
Broccoli		Brown Rice,Farro & Quinoa		Corn		Brown Rice,Farro & Quinoa		Carrots		Corn		Roasted Sweet Potatoes	
Milk Half Pints		Milk Half Pints		Milk Half Pints		Peas & Carrots		Milk Half Pints		Milk Half Pints		Milk Half Pints	
Orange		Applesauce Cup		Raisins		Milk Half Pints		Orange		Applesauce Cup		Fruit Cup	
						Apple							
12-Oct		13-Oct		14-Oct		15-Oct		16-Oct		17-Oct		18-Oct	
Beef Stroganoff		Chicken Thigh w/ Gravy		Chicken Thigh w/ Italian Seasoning		Salmon w/ Sweet & Sour Vegetables		Turkey Tetrazzini		Chicken Fajita Stew		Chicken Gumbo	
Brown Rice		Brown Rice,Farro & Quinoa		Mushroom&Herb Sauce		Quinoa & Edamane		Whole Wheat Macaroni		Brown Rice		Brown Rice	
Broccoli		Brussel Sprouts		Fall Wild Rice Pilaf		Broccoli		Butternut Squash		Carrots		Broccoli	
Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint	
Orange		Fruit Cup		Raisins Box		Apple		Orange		Applesauce Cup		Fruit Cup	
19-Oct		20-Oct		21-Oct		22-Oct		23-Oct		24-Oct		25-Oct	
Beef Stew w/ Herbs		Mustard Glazed Chicken Thigh w/ Cacciatore Sauce		Chicken & Broccoli		Cod w/ Tomato Cream Sauce		Roasted Pork Loin & Harvest Chili		Chicken Pomodoro		Paprika Chicken Thigh w/ Salsa Verde	
Quinoa		Whole Wheat Macaroni		Brown Rice		Polenta		Southwest Brown Rice		Whole Wheat Rotini		Brown Rice,Farro & Quinoa	
Root Vegetables		Root Vegetables		Peas		Roasted Sweet Potato		Milk Half Pint		Brussel Sprouts		Broccoli	
Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint		Orange		Milk Half Pint		Milk Half Pint	
Orange		Fruit Cup		Raisins Box		Apple				Applesauce Cup		Fruit Cup	
26-Oct		27-Oct		28-Oct		29-Oct		30-Oct		31-Oct		 Project Open Hand meals with love	
Beef Stew		Hoisin Chicken w/ Onion Gravy		Pineapple-Soy Chicken		Garlic Herb Salmon		Turkey Picadillo		Chicken Tinga			
Brown Rice		Kimchi-Brown Rice		Brown Rice		Whole Wheat Rotini		Quinoa & Edamane		Quinoa			
Brussel Sprouts		Broccoli		Carrots		Artichoke Ragout		Peas & Carrots		Root Vegetables			
Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint		Milk Half Pint			
Orange		Fruit Cup		Raisins Box		Apple		Orange		Applesauce Cup			



PROJECT OPEN HAND

AWD HDM Menu

October 2026



Nutrition Education: Meals for Autumn Harvest!

By Alyssa Clark, SFSU Dietetic Intern at Project Open Hand

It's that time of year again! Pumpkins, squash, and apples galore! There are many meals to make with seasonal produce during this time of year. Cooking seasonal fruits and vegetables is great because they are usually more affordable.

Pumpkins are an essential vegetable in the fall season and provide vitamin A, potassium, and 3 grams of fiber for each ½ cup serving in cooked sugar pumpkins.

- Pumpkin puree is perfect to add to various pastas like mac and cheese, hummus, smoothies, oatmeal, and pancake batter.
- Pumpkin seeds can be roasted and made sweet or savory with different seasonings such as garlic powder or cinnamon and sugar. Pumpkin seeds contain essential nutrients like zinc.

Apples are a sweet and crispy fruit that can be included in various recipes.

- They are filled with fiber that keeps things moving in our gut.
- Apples also have vitamin C, which is great for immunity.
- Baking apples at 350 F for 30 minutes can soften them and make them easier to eat!

Brussels Sprouts are small, but mighty!

- 1 cup contains 4 grams of fiber, vitamin A, C, K, and folate.
- They can be roasted slightly and paired with potatoes or butternut squash.
- They can also be shredded fresh and eaten on top of rice or pasta.

There are recipes for meals containing pumpkins, apples, squash, and other Fall produce at www.openhand.org/blog/recipe.

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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