

AWD Vegetarian 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			1-Oct	2-Oct	3-Oct	4-Oct
			Black Bean Chili Patty Sofrito Brown Rice Brussel Sprouts Milk Half Pints Apple	Tempeh Burrito Casserole Broccoli Milk Half Pints Orange	Roasted Baharat Tofu Ethiopian Gingery Split Pea Stew Brown Rice Cauliflower Milk Half Pints Applesauce Cup	Tempeh Veg & Bean Chili Quinoa Herbed Corn & Edamame Milk Half Pints Fruit Cup
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Vegetarian Gumbo Quinoa, Edamame & Greens Roasted Sweet Potatoes Milk Half Pints Orange	Stuffed Pepper Tofu Ricotta Puttanesca Sauce Whole Wheat Rotini Capri Mixed Vegetables Milk Half Pints Applesauce Cup	Lemon-Herb Portabello+Tofu Ricotta Citrus Red Pepper & Chickpeas Quinoa, Edamame & Greens Milk Half Pints Raisins	Cauli-Cashew+Tempeh Mac & Cheese Asparagus Milk Half Pints Apple	Tempeh Cauli Chickpea Patty Green Herb Tahini Sauce Quinoa Spiced Asparagus & Chickpea Milk Half Pints Orange	Tofu & Mushroom Adobo Brown Rice Garden Mixed Vegetables Milk Half Pints Applesauce Cup	Split Pea & Cauliflower Patty Creamy Basil Pesto Sauce Quinoa, Edamame & Greens Capri Mixed Vegetables Milk Half Pints Fruit Cup
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Tofu Stroganoff Whole Wheat Rotini Broccoli Milk Half Pint Orange	White Bean & Spinach Casserole Pumpkin Seed Sauce Garden Mix Veg Milk Half Pint Fruit Cup	Tofu Red Bean Masala Quinoa Broccoli Milk Half Pint Raisins Box	Orange Tofu & Edamame Brown Rice Brussel Sprouts Milk Half Pint Apple	Tempeh, Blackeyed Peas & Peanut Stew Brown Rice Broccoli Milk Half Pint Orange	Spiced Bean Veg Stew w/ Green Herb Sauce Quinoa & Edamame Peas Milk Half Pint Applesauce Cup	Golden Tofu Cashew Curry Brown Rice Cauliflower Milk Half Pint Fruit Cup
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Honey Sesame Tofu Brown Rice Carrots & Green Beans Milk Half Pint Orange	Vegetable Medley Lasagna Marinara Sauce Broccoli Milk Half Pint Fruit Cup	Mid-East Spiced Tofu Green Herb Sauce Fall Wild Rice Pilaf Kidney Bean & Vegetables Milk Half Pint	Lentil-Walnut Patty w/ Tomato Cream Sauce Polenta Capri Mixed Veg Milk Half Pint Apple	Tempeh Taco Hash Harvest Chili Quinoa Capri Mixed Veg Milk Half Pint Orange	Tofu Sweet Potato Creole Hash Creamy Tomatillo Brown Rice Cauliflower Milk Half Pint Applesauce Cup	Lentil-Tempeh Sloppy Joe Balsamic Portabello Whole Wheat Rotini Capri Mixed Veg Milk Half Pint Fruit Cup
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	 Project Open Hand meals with love
White Bean & Spinach Ragout Balsamic Portabello Mushroom Whole Wheat Rotini Asparagus Milk Half Pint Orange	Sesame Tempeh Sticks w/ Onion Gravy Kimchi-Brown Rice Edamame Medley Milk Half Pint Fruit Cup	Southwest Stuffed Pepper w/ Tofu Ricotta Enchilada Sauce Brown Rice Broccoli Milk Half Pint Raisins Box	Tofu Burger & Artichoke Ragout Whole Wheat Macaroni Milk Half Pint Apple	Veg Frittata w/ Lemon Tahini Sauce Quinoa Peas & Carrots Milk Half Pint Orange	Savory Tempeh w/ Jambalaya Stew Brown Rice Milk Half Pint Applesauce Cup	

Nutrition Education: DEFROSTING FOODS SAFELY

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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