AWD HDM Delivery Menu: November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Nov **Beef Stew** Brown Rice Brussel Sprouts Milk Half Pint Orange	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-Nov** **Zesty Pork Stew** Quinoa & Edamame Root Vegetables Milk Half Pint Fruit Cup
2-Nov **Beef & Lentil Stew** Brown Rice Carrots Milk Half Pint Orange	**3-Nov** **Chicken Breast** **w/ Mushroom Dijon Sauce** Mac & Cheese Peas & Carrots Milk Half Pint Fruit Cup	**4-Nov** **Smoky Chicken & Lentil Stew** Whole Wheat Rotini Garden Mix Veg Milk Half Pint Raisins Box	**5-Nov** **Blackened Salmon w/ Sofrito** Southwest Brown Rice Corn Milk Half Pint Apple	**6-Nov** **Beef & Turkey Bolognese** Whole Wheat Macaroni Broccoli Milk Half Pint Orange	**7-Nov** **Chicken Chili Verde** Brown Rice,Farro & Quinoa Carrots Milk Half Pint Applesauce Cup	**8-Nov** **Roasted Pork Loin w/ Creole Sauce** Southern Red Beans Brown Rice Milk Half Pint Fruit Cup
9-Nov **Beef Chili** Brown Rice Broccoli Milk Half Pint Orange	**10-Nov** **Five Spice Chicken Thigh** Asian Veg Sichuan Brown Rice,Farro & Quinoa Milk Half Pint Fruit Cup	**11-Nov** **Pork & Red Bean Stew** Quinoa & Edamame Root Vegetables Milk Half Pint Raisins Box	**12-Nov** **Salmon w/ Alfredo Sauce** Brown Rice,Farro & Quinoa Peas & Carrots Milk Half Pint Apple	**13-Nov** **Smoky Turkey Chile** Quinoa & Edamame Corn Milk Half Pint Orange	**14-Nov** **Orange Chicken & Edamame** Quinoa Corn Milk Half Pint Applesauce Cup	**15-Nov** **Chicken w/ Lemon & Capers** Whole Wheat Macaroni Garden Mix Veg Milk Half Pint Fruit Cup
16-Nov **Beef Stroganoff** Brown Rice Broccoli Milk Half Pint Orange	**17-Nov** **Chicken Thigh w/ Gravy** Brown Rice,Farro & Quinoa Brussel Sprouts Milk Half Pint Fruit Cup	**18-Nov** **Chicken Thigh w/ Italian Seasoning** Mushroom&Herb Sauce Fall Wild Rice Pilaf Milk Half Pint Raisins Box	**19-Nov** **Salmon w/ Sweet & Sour Vegetables** Quinoa & Edamame Broccoli Milk Half Pint Apple	**20-Nov** **Turkey Tetrazzini** Whole Wheat Macaroni Butternut Squash Milk Half Pint Orange	**21-Nov** **Chicken Fajita Stew** Brown Rice Carrots Milk Half Pint Applesauce Cup	**22-Nov** **Chicken Gumbo** Brown Rice Broccoli Milk Half Pint Fruit Cup
23-Nov **Beef Stew w/ Herbs** Quinoa Root Vegetables Milk Half Pint Orange	**24-Nov** **Mustard Glazed Chicken Thigh** **w/ Cacciatore Sauce** Whole Wheat Macaroni Root Vegetables Milk Half Pint Fruit Cup	**25-Nov** **Chicken & Broccoli** Brown Rice Peas Milk Half Pint Raisins Box	**26-Nov** **Cod w/ Tomato Cream Sauce** Polenta Roasted Sweet Potato Milk Half Pint Apple	**27-Nov** **Roasted Pork Loin** **Havrvest Chili** Southwest Brown Rice Milk Half Pint Orange	**28-Nov** **Chicken Pomodoro** Whole Wheat Rotini Brussel Sprouts Milk Half Pint Applesauce Cup	**29-Nov** **Paprika Chicken Thigh** **w/ Salsa Verde** Brown Rice,Farro & Quinoa Broccoli Milk Half Pint Fruit Cup



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.

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

PROJECT OPEN HAND **November 2026**

AWD HDM Menu

Project Open Hand
meals with love

Nutrition Education: To Cook or Not To Cook?

By Anna DiStefano, Registered Dietitian at Project Open Hand

We know veggies are important! But does that mean every meal needs a side salad? The short answer is that the best form of any veggie is the one that you eat the most! However, here are some tips to get as many nutrients as possible from your food.

Why try raw? Most veggies lose vitamin C, B vitamins, and fiber when cooked, so it is helpful to include some raw veggies in your diet. Raw veggies also often take longer to chew – that might be a positive thing if you are working on mindful eating!

Lettuce, spinach, and bell peppers are full of vitamin C and easy to digest raw.

Garlic has the most cancer-fighting allicin when crushed and eaten raw! Try letting it rest for 5 minutes and then add it to a finished dish.

Cruciferous veggies like broccoli, cauliflower, and radishes also have the most cancer-fighting compounds when eaten raw!

Red on Red onions provide the most anti-inflammatory compounds when eaten raw. If that isn't your speed, try cooking with the onion skins and remove them before eating.

What about the benefits of cooking? Cooking can make veggies easier to digest, especially if you are prone to bloating, and it can make veggies easier to chew. Cooking can also make some antioxidants easier to absorb.

Tomatoes have significantly more lycopene when cooked! Canned tomatoes are an excellent example. If cooking isn't an option, watermelon and grapefruit are also good sources of lycopene. ions provide the most anti-inflammatory compounds when eaten raw. If that isn't your speed, try cooking with the onion skins and remove them before eating.

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Other red, yellow, and orange plants also have more carotenoids when cooked and eaten with fat too! These include pumpkin, plantain, carrots, winter squash, sweet potato, summer squash, and sweet corn. As little as 3-5 grams of fat will maximize absorption – that's about 1 tablespoon of olive oil.

Adding mustard seeds or mustard powder to cooked cruciferous veggies like broccoli, Brussels sprouts, cabbage, kohlrabi, or daikon radish reactivates their cancer-fighting compounds! As little as a quarter teaspoon makes a difference in absorption.