AWD Vegetarian HDM Delivery Menu: November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Nov **White Bean & Spinach Ragout** Balsamic Portabello Mushroom Whole Wheat Rotini Asparagus Milk Half Pint Orange						**1-Nov** **Garden Pea Ragout** Whole Wheat Macaroni Garden Mix Veg Milk Half Pint Fruit Cup
2-Nov **Southern Creole Red Beans** Andouille-style Tempeh & Mushroom Hash Brown Rice Broccoli Milk Half Pint Orange	**3-Nov** **Lentil-Walnut Patty** Mushroom Dijon Sauce Mac & Cheese Green Beans Milk Half Pint Fruit Cup	**4-Nov** **Five Spice Tofu** **w/ Veggie Stirfry** Brown Rice Milk Half Pint Raisins Box	**5-Nov** **Black Bean Patty & Sofrito** Brown Rice Brussel Sprouts Milk Half Pint Apple	**6-Nov** **Tempeh Burrito Casserole** Broccoli Milk Half Pint Orange	**7-Nov** **Mid-East Spiced Tofu** **w/ Split Pea Stew** Brown Rice Cauliflower Milk Half Pint Applesauce Cup	**8-Nov** **Caribbean Root Veg Stew** Brown Rice,Farro & Quinoa Garden Mix Veg Milk Half Pint Fruit Cup
9-Nov **Tofu & Vegetable Gumbo** Quinoa & Edamame Roasted Sweet Potato Milk Half Pint Orange	**10-Nov** **Stuffed Pepper** **w/ Puttanesca Sauce** Whole Wheat Rotini Capri Mixed Veg Milk Half Pint Fruit Cup	**11-Nov** **Lemon-Herb Portabello** **w/ Tofu Ricotta** Citrus Red Pepper & Chickpeas Quinoa & Edamane Milk Half Pint Raisins Box	**12-Nov** **Cauli-Cashew Macaroni** Asparagus Milk Half Pint Apple	**13-Nov** **Tempeh Cauli Patty** Green Herb Sauce Quinoa Asparagus & Chickpea Milk Half Pint Orange	**14-Nov** **Tofu & Mushroom Adobo** Brown Rice Garden Mix Veg Milk Half Pint Applesauce Cup	**15-Nov** **Split Pea-Cauli Patty** Creamy Basil Sauce Quinoa & Edamane Capri Mixed Veg Milk Half Pint Fruit Cup
16-Nov **Tofu Stroganoff** Whole Wheat Rotini Broccoli Milk Half Pint Orange	**17-Nov** **White Bean & Spinach Casserole** Pumpkin Seed Sauce Garden Mix Veg Milk Half Pint Fruit Cup	**18-Nov** **Tofu Red Bean Masala** Quinoa Broccoli Milk Half Pint Raisins Box	**19-Nov** **Orange Tofu & Edamame** Brown Rice Brussel Sprouts Milk Half Pint Apple	**20-Nov** **Tempeh, Blackeyed Peas & Peanut Stew** Brown Rice Broccoli Milk Half Pint Orange	**21-Nov** **Spiced Bean Veg Stew** **w/ Green Herb Sauce** Quinoa & Edamane Peas Milk Half Pint Applesauce Cup	**22-Nov** **Golden Tofu Cashew Curry** Brown Rice Cauliflower Milk Half Pint Fruit Cup
23-Nov **Honey Sesame Tofu** Brown Rice Carrots & Green Beans Milk Half Pint Orange	**24-Nov** **Vegetable Medley Lasagna** Marinara Sauce Broccoli Milk Half Pint Fruit Cup	**25-Nov** **Mid-East Spiced Tofu** Green Herb Sauce Fall Wild Rice Pilaf Kidney Bean & Vegetables Milk Half Pint	**26-Nov** **Lentil-Walnut Patty** **w/ Tomato Cream Sauce** Polenta Capri Mixed Veg Milk Half Pint Apple	**27-Nov** **Tempeh Taco Hash** Harvest Chili Quinoa Capri Mixed Veg Milk Half Pint Orange	**28-Nov** **Tofu Sweet Potato Creole Hash** Creamy Tomatillo Brown Rice Cauliflower Milk Half Pint Applesauce Cup	**29-Nov** **Lentil-Tempeh Sloppy Joe** Balsamic Portabello Whole Wheat Rotini Capri Mixed Veg Milk Half Pint Fruit 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.











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
AWD HDM Menu

November 2026

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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.