

Meals are served on a first come, first served basis. Site information is subject to change.

LOCATION	LUNCH <i>Mon-Fri only</i>	BREAKFAST
Aquatic Park 890 Beach Street	11:30 AM – 12:30 PM Dine-in only	—
Castro Senior Center 110 Diamond Street	11:30 AM – 12:30 PM Dine-in only	—
Curry Senior Center 333 Turk Street - 2 nd Floor	11:00 AM – 12:30 PM Dine-in and ages 60+ only	8:30 AM – 9:30 AM Dine-in or takeout Daily
Downtown Senior Center 481 O’Farrell Street	11:00 AM – 12:00 PM	9:00 AM – 10:00 AM Dine-in or takeout Monday - Friday
Excelsior Community Center 4468 Mission Street	11:30 AM – 12:30 PM Dine-in only	—
Richmond Senior Center 6221 Geary Street – 3 rd Floor	11:30 AM – 12:30 PM Dine-in only	—
Ruth Brinker Meal Site 771 Ellis Street	10:30 AM – 12:30 PM Dine-in only	—
Swords To Plowshares – Stanford 250 Kearny Street	11:30 AM – 12:30 PM Dine-in only	—
Telegraph Hill Neighborhood Center 660 Lombard Street	11:30 AM – 12:30 PM	—
Visitacion Valley 66 Raymond Avenue	11:30 AM – 12:30 PM	—

Comments, Suggestions, Feedback?

We would love to hear from you! Please fill out a comment card when you dine with us and drop it into the collection box.

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Project Open Hand
LUNCH MENU

By Liel Grosskopf, Dietetic Intern at Project Open Hand

AUGUST
2026



POWER PAIR - PROTEIN & FIBER

Some nutrition combinations are better together, like protein and fiber! Protein helps your body heal and stay strong. Fiber helps your stomach and gut work well and keeps your blood sugar balanced. When you eat them together, they help you feel full longer and give you more steady energy throughout the day. **Aim to include at least one protein source and one fiber source at every meal.**

Benefits of combining protein and fiber:

- **Satiety** – Both protein and fiber slow down digestion. That means you feel satisfied after eating and are less likely to feel hungry soon after a meal.
- **Blood sugar balance** – Fiber and protein slow down how fast sugar enters the blood. This helps prevent high blood sugar after meals.
- **Energy** – When your blood sugar is balanced, you avoid energy crashes that make you feel tired throughout the day.
- **Gut health** – Fiber feeds the good bacteria in the gut. A healthy gut helps with digestion, your immune system, and even your mood!
- **Muscle protection** – Protein gives your body what it needs to keep your muscles strong. This matters even more as you get older.

How much protein and fiber do I need?

- Protein:
 - At least 1-1.25 grams of protein per kilogram of body weight (or 0.4 - 0.6 grams per pound) per day
 - Example: A person who weighs 70 kg may need about 70-88 grams of protein per day
- Fiber:
 - Adult women need about 21-25 grams of fiber per day
 - Adult men need about 30-38 grams of fiber per day

How do I build a power pair meal?

- Breakfast: Oatmeal with a scoop of peanut butter, sliced banana, and yogurt
- Lunch: Add lentils, chickpeas, or beans to a rice bowl or salad
- Snack: Apple with a handful of almonds
- Dinner: Tofu, chicken, or fish alongside a generous serving of vegetables and a whole grain such as brown rice or quinoa.

<https://diabetes.org/food-nutrition/reading-food-labels/protein>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

August 2026



Project Open Hand
meals with love



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Stew 3 Garden Salad w/ French Brown Rice Fruit Cup Carrots	Hoisin Chicken Thigh 4 Garden Salad w/Italian Kimchi Brown Rice Broccoli Onion Gravy Apple	Pork & Chickpea Stew 5 Garden Salad w/ Caesar Quinoa & Brown Rice Orange Cauliflower	Baked Salmon 6 Quinoa Salad w/ Kidney Beans Mashed Parsnips & Potatoes Artichoke Spinach Ragout Orange	Lemon Pepper Cod 7 Corn & Tomato Salad Whole Wheat Rotini Paprikash Sauce Carrots Fruit Cup
Beef & Lentil Ragout 10 Garden Salad w/ Ranch Brown Rice Fruit Cup Broccoli	Chicken Thigh w/ Italian Seasoning 11 Romaine w/ Caesar Whole-Wheat Rotini Peas & Carrots Marinara Sauce Apple	Chicken & Lentil Stew 12 Garden Salad w/ Honey Mustard Mashed Potatoes Orange Whole Wheat Dinner Roll Garden Mixed Vegetables	Blackened Salmon 13 Three Bean Salad Wild Rice Pilaf Orange Sofrito	Beef & Turkey Bolognese 14 Garden Salad w/ Red Wine Vinegar Whole Wheat Rotini Fruit Cup
Beef Chili 17 Garden Salad w/ Balsamic Brown Rice Roasted Sweet Potatoes Fruit Cup	Five Spice Chicken Thigh 18 Pasta Salad White Rice Asian Veg Sichuan Stir Fry Apple	Pork & White Bean Chili 19 Garden Salad w/ Caesar Quinoa & Roasted Sweet Potatoes Brown Rice Orange	Baked Salmon 20 w/ Spinach & Lemon Sauce Corn & Tomato Salad Whole Wheat Dinner Roll Broccoli Mashed Potatoes Orange	Holiday Meal: 21 Honey Roasted Garlic Glazed Salmon with Avocado Crema Soba Noodle Salad Pita Bread Orange
Beef Stroganoff 24 Chicory Salad with Citrus Mashed Parsnips & Potatoes Peas & Carrots Whole-Wheat Fruit Cup Dinner Roll	Chicken Thigh w/ Gravy 25 Macaroni Salad Mashed Sweet Potatoes Apple Broccoli	Chicken Drumsticks w/ Dijon 26 Garden Salad w/ Feta Herb Wild Rice Pilaf Orange	Baked Salmon 27 Roasted Sweet Potato w/ Creamy Honey Mustard Sweet & Sour Vegetables Orange Brown Rice	Lemon Pepper Cod 28 Garden Salad w/ Caesar Ratatouille Quinoa & Brown Rice Avocado Crema Fruit Cup
Beef Stew w/ Herbs 31 Garden Salad w/ Balsamic Mashed Parsnips Whole Wheat Dinner & Potatoes Fruit Cup				

Community Nutrition Program

730 Polk St., San Francisco, CA 94109

Office Hours: M-F 8:00am–4:00pm

Phone: 415.447.2379

Email: cnp@openhand.org

The Community Nutrition Program is funded by: City of San Francisco's Department of Disability and Aging Services, U.S.D.A., Project Open Hand, and meal participants.

This menu is subject to change without notice.
Milk is served daily.



If a menu has more than 1000 milligrams of sodium, it will be labeled a high sodium meal, indicated by a salt shaker on the menu for that day.

Please note: Our menu meets ⅓ 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.

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Project Open Hand
BREAKFAST MENU

By Liel Grosskopf, Dietetic Intern at Project Open Hand

AUGUST
2026



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Sandwich with an Egg White Patty 3 Turkey Sausage Hash Brown English Muffin Fruit Cup	Hash Brown Casserole 4 English Muffin Apple	Scrambled Eggs & Sweet Potato Hash 5 Whole Wheat Bread Jam & Margarine Orange	Cinnamon Raisin Oatmeal & Hard Boiled Eggs 6 Hash Brown Orange	Chicken & Pork Hash with an Egg White Patty 7 Whole Wheat Dinner Roll Brown Rice Fruit Cup
Breakfast Sandwich with an Egg White Patty 10 Turkey Sausage Hash Brown English Muffin Fruit Cup	Oatmeal with Mixed Berries 11 Sweet Potato Turkey Sausage Hash Apple	Savory Pork & Veggie Breakfast Bake 12 Hash Brown Orange	Chicken & Mushroom Congee 13 Whole Wheat Dinner Roll Jam & Margarine Orange Hash Brown	Breakfast Fried Brown Rice 14 Sweet Potato Hash Fruit Cup
Breakfast Sandwich with an Egg White Patty 17 Turkey Sausage Hash Brown English Muffin Fruit Cup	Hash Brown Casserole 18 English Muffin Apple	Scrambled Eggs & Sweet Potato Hash 19 Whole Wheat Bread Jam & Margarine Orange	Cinnamon Raisin Oatmeal & Hard Boiled Eggs 20 Hash Brown Orange	Chicken & Pork Hash with an Egg White Patty 21 Whole Wheat Dinner Roll Brown Rice Fruit Cup
Breakfast Sandwich with an Egg White Patty 24 Turkey Sausage Hash Brown English Muffin Fruit Cup	Oatmeal with Mixed Berries 25 Sweet Potato Turkey Sausage Hash Apple	Savory Pork & Veggie Breakfast Bake 26 Hash Brown Orange	Chicken & Mushroom Congee 27 Whole Wheat Dinner Roll Jam & Margarine Orange Hash Brown	Breakfast Fried Brown Rice 28 Sweet Potato Hash Fruit Cup
Breakfast Sandwich with an Egg White Patty 31 Turkey Sausage Hash Brown English Muffin Fruit Cup				

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