

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

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

STAY CONNECTED  
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OPEN HAND:

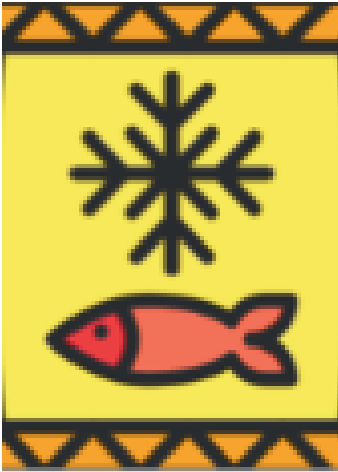
     
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Project Open Hand

S E P T E M B E R  
2 0 2 6

LUNCH MENU

By Kirstin Jackson, Registered Dietitian at Project Open Hand



DEFROSTING FOODS SAFELY

Did you know that there are right and wrong ways to defrost frozen food?

Thawing foods correctly will help keep food free from unwanted bacteria, and you safe from foodborne illness!

Project Open Hand meals do not need to be defrosted before heating. Simply follow the heating directions on the package for safe and delicious meals.

DEFROSTING GUIDELINES:

DON'T:

- **Don't** leave frozen foods on the counter overnight to defrost.
- The food's temperature will rise above 40 degrees if left out for many hours. Unhealthy bacteria love to grow in this temperature danger zone!

INSTEAD:

- **Thaw your food over a day or two in the fridge.**
  - This way your food stays cold as it slowly defrost.



HAVE LESS TIME?

- **Defrost your food in a bowl of cold water** ~takes around 1 to 3 hours.
  - Make sure your food is in a leak-proof container (like a sealed bag).
  - Fill a large bowl with cold water.
  - Put your packaged food in the bowl. Make sure there is enough water to cover your food.
  - Replace the water every 30 minutes until your food is defrosted.
  - Cook immediately once thawed.

**OR Defrost in the microwave.** Follow your microwave's defrost instructions.

- **DON'T: Defrost food in hot water.** Thawing food in hot water unevenly defrosts the food. The outside of the food might even start to cook in the hot water while the inside is frozen!

For more information: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/big-thaw-safe-defrosting-methods>

# September 2026



Project Open Hand  
meals with love



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services

| MONDAY                                                                                                                                                                  | TUESDAY                                                                                                                                                | WEDNESDAY                                                                                                                                                               | THURSDAY                                                                                                                                                                       | FRIDAY                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                         | <b>Chicken w/ Snow Peas</b> <b>1</b><br><b>Pasta Salad</b><br>White Rice w/ Herbs      Apple                                                           | <b>Chicken, Asparagus &amp; Cheddar</b> <b>2</b><br><b>Broccoli &amp; Carrot Salad</b><br>Brown Rice      Orange                                                        | <b>Cod Filet</b> <b>3</b><br><b>Three Bean Salad</b><br>Coconut Curry Vegetables      Orange<br>Brown Rice                                                                     | <b>Baked Salmon w/ Salsa Verde</b> <b>4</b><br><b>Garden Salad w/ Thousand</b><br>Garden Mixed Vegetables      Quinoa & Brown Rice<br>Fruit Cup |
| <b>Labor Day Holiday Meal:</b> <b>7</b><br><b>BBQ Beef</b><br>Salad w/Avocado Herb and Mango Dressing<br>Mashed Potatoes      Dinner Roll<br>Mango Salad      Fruit Cup | <b>Hoisin Chicken Thigh</b> <b>8</b><br><b>Garden Salad w/Italian</b><br>Kimchi Brown Rice      Broccoli<br>Onion Gravy      Apple                     | <b>Pork &amp; Chickpea Stew</b> <b>9</b><br><b>Garden Salad w/ Caesar</b><br>Quinoa & Brown Rice      Orange<br>Cauliflower                                             | <b>Baked Salmon</b> <b>10</b><br><b>Quinoa Salad w/ Kidney Beans</b><br>Mashed Parsnips & Potatoes<br>Artichoke Spinach Ragout      Orange                                     | <b>Lemon Pepper Cod</b> <b>11</b><br><b>Corn &amp; Tomato Salad</b><br>Whole Wheat Rotini      Paprikash Sauce<br>Carrots      Fruit Cup        |
| <b>Beef &amp; Lentil Ragout</b> <b>14</b><br><b>Garden Salad w/ Ranch</b><br>Brown Rice      Fruit Cup<br>Broccoli                                                      | <b>Chicken Thigh w/ Italian Seasoning</b> <b>15</b><br><b>Romaine w/ Caesar</b><br>Whole-Wheat Rotini      Peas & Carrots<br>Marinara Sauce      Apple | <b>Chicken &amp; Lentil Stew</b> <b>16</b><br><b>Garden Salad w/ Honey Mustard</b><br>Mashed Potatoes      Orange<br>Whole Wheat Dinner Roll<br>Garden Mixed Vegetables | <b>Blackened Salmon</b> <b>17</b><br><b>Three Bean Salad</b><br>Wild Rice Pilaf      Orange<br>Sofrito                                                                         | <b>Beef &amp; Turkey Bolognese</b> <b>18</b><br><b>Garden Salad w/ Red Wine Vinegar</b><br>Whole Wheat Rotini      Fruit Cup                    |
| <b>Beef Chili</b> <b>21</b><br><b>Garden Salad w/ Balsamic</b><br>Brown Rice      Roasted Sweet Potatoes<br>Fruit Cup                                                   | <b>Five Spice Chicken Thigh</b> <b>22</b><br><b>Pasta Salad</b><br>White Rice      Asian Veg Sichuan Stir Fry<br>Apple                                 | <b>Pork &amp; White Bean Chili</b> <b>23</b><br><b>Garden Salad w/ Caesar</b><br>Quinoa &      Roasted Sweet Potatoes<br>Brown Rice      Orange                         | <b>Baked Salmon</b> <b>24</b><br><b>w/ Spinach &amp; Lemon Sauce</b><br><b>Corn &amp; Tomato Salad</b><br>Whole Wheat Dinner Roll      Broccoli<br>Mashed Potatoes      Orange | <b>Cod Filet</b> <b>25</b><br><b>Asparagus Bean Salad w/ Lemon Dressing</b><br>Brown Rice      Fruit Cup<br>Vegetable Primavera                 |
| <b>Beef Stroganoff</b> <b>28</b><br><b>Garden Salad w/ Feta Herb</b><br>Whole-Wheat Macaroni<br>Peas & Carrots      Fruit Cup                                           | <b>Chicken Thigh with Gravy</b> <b>29</b><br><b>Garden Salad w/ Balsamic</b><br>Quinoa & Brown Rice      Apple<br>Broccoli                             | <b>Baked Salmon</b> <b>30</b><br><b>w/ Sweet &amp; Sour Vegetables</b><br>Roasted Sweet Potatoes      Orange<br>Brown Rice                                              |                                                                                                                                                                                |                                                                                                                                                 |

## 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](mailto: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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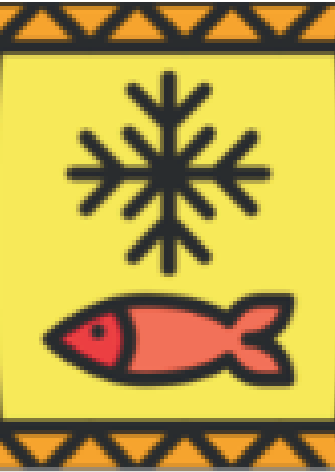
Project Open Hand

S E P T E M B E R

B R E A K F A S T M E N U

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|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
|                                                                                                                      | <b>Hash Brown Casserole</b> <b>1</b><br>English Muffin Apple                             | <b>Scrambled Eggs &amp; Sweet Potato Hash</b> <b>2</b><br>Whole Wheat Bread<br>Jam & Margarine Orange  | <b>Cinnamon Raisin Oatmeal &amp; Hard Boiled Eggs</b> <b>3</b><br>Hash Brown Orange                               | <b>Chicken &amp; Pork Hash with an Egg White Patty</b> <b>4</b><br>Whole Wheat Dinner Roll<br>Brown Rice Fruit Cup  |
| <b>Breakfast Sandwich with an Egg White Patty</b> <b>7</b><br>Turkey Sausage Hash Brown<br>English Muffin Fruit Cup  | <b>Oatmeal with Mixed Berries</b> <b>8</b><br>Sweet Potato Turkey Sausage<br>Hash Apple  | <b>Savory Pork &amp; Veggie Breakfast Bake</b> <b>9</b><br>Hash Brown Orange                           | <b>Chicken &amp; Mushroom Congee</b> <b>10</b><br>Whole Wheat Dinner Roll<br>Jam & Margarine Orange<br>Hash Brown | <b>Breakfast Fried Brown Rice</b> <b>11</b><br>Sweet Potato Hash Fruit Cup                                          |
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| <b>Pancakes with an Egg White Patty</b> <b>28</b><br>Hash Brown<br>Fruit Cup                                         | <b>Hash Brown Casserole</b> <b>29</b><br>English Muffin Apple                            | <b>Scrambled Eggs &amp; Sweet Potato Hash</b> <b>30</b><br>Whole Wheat Bread<br>Jam & Margarine Orange |                                                                                                                   |                                                                                                                     |

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