

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

Project Open Hand LUNCH MENU

JULY
2026

By Varsha Bhanoor, Dietetic Intern at Project Open Hand

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	—

Stay Cool & Hydrated: Smart Summer Nutrition

Why Hydration Matters

Water helps your body control temperature, support digestion, and keep energy levels up. In hot weather, you lose more fluids through sweat, increasing your risk of dehydration.

Signs of Dehydration

- Dry mouth or lips
- Dark yellow urine
- Feeling dizzy or tired
- Headache

Older adults may not feel thirsty so it's important to drink fluids regularly.

How Much Do You Need?

Most adults need about **8–10 cups (64–80 oz) of fluids daily**, and more in hot weather or with activity.

Eat Your Water

Hydrating foods can help you meet your fluid needs:

Food and Benefit

- Watermelon - 90% water + refreshing
- Cucumber - Very high water content
- Oranges - Fluids + vitamin C
- Yogurt - Protein + hydration

Smart Hydration Tips

- Carry a water bottle
- Sip water every 1–2 hours
- Flavor water with fruit or herbs
- Limit sugary drinks and soda
- Choose soups, smoothies, or milk

Try This

Infused Water: Add lemon + mint or berries + cucumber. Chill and enjoy!



Quick Reminder: Don't wait until you feel thirsty. Drink fluids throughout the day.

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
WITH PROJECT
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@ProjectOpenHand

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Project Open Hand
meals with love



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Pork & Chickpea Stew 1 Garden Salad w/ Caesar Quinoa & Brown Rice Orange Cauliflower	Baked Salmon 2 Quinoa Salad w/ Kidney Beans Mashed Parsnips & Potatoes Artichoke Spinach Ragout Orange	Holiday Meal: Beef Patty with tomato and lettuce on Whole Wheat Bun 3 Potato & Egg Salad Cantaloupe
Beef & Lentil Ragout 6 Garden Salad w/ Ranch Brown Rice Fruit Cup Broccoli	Chicken Thigh w/ Italian Seasoning 7 Romaine w/ Caesar Whole-Wheat Rotini Peas & Carrots Marinara Sauce Apple	Chicken & Lentil Stew 8 Garden Salad w/ Honey Mustard Mashed Potatoes Orange Whole Wheat Dinner Roll Garden Mixed Vegetables	Blackened Salmon 9 Three Bean Salad Wild Rice Pilaf Orange Sofrito	Beef & Turkey Bolognese 10 Garden Salad w/ Red Wine Vinegar Whole Wheat Rotini Fruit Cup
Beef Chili 13 Garden Salad w/ Balsamic Brown Rice Roasted Sweet Potatoes Fruit Cup	Five Spice Chicken Thigh 14 Pasta Salad White Rice Asian Veg Sichuan Stir Fry Apple	Pork & White Bean Chili 15 Garden Salad w/ Caesar Quinoa & Roasted Sweet Potatoes Brown Rice Orange	Baked Salmon 16 w/ Spinach & Lemon Sauce Corn & Tomato Salad Whole Wheat Dinner Roll Broccoli Mashed Potatoes Orange	Cod Filet 17 Asparagus Bean Salad w/ Lemon Dressing Brown Rice Fruit Cup Vegetable Primavera
Beef Stroganoff 20 Chicory Salad with Citrus Mashed Parsnips & Potatoes Peas & Carrots Whole-Wheat Fruit Cup Dinner Roll	Chicken Thigh w/ Gravy 21 Macaroni Salad Mashed Sweet Potatoes Apple Broccoli	Chicken Drumsticks w/ Dijon 22 Garden Salad w/ Feta Herb Wild Rice Pilaf Orange	Baked Salmon 23 Roasted Sweet Potato w/ Creamy Honey Mustard Sweet & Sour Vegetables Orange Brown Rice	Lemon Pepper Cod 24 Garden Salad w/ Caesar Ratatouille Quinoa & Brown Rice Avocado Crema Fruit Cup
Beef Stew w/ Herbs 27 Garden Salad w/ Balsamic Mashed Parsnips Whole Wheat Dinner & Potatoes Fruit Cup	Chicken w/ Snow Peas 28 Pasta Salad White Rice w/ Apple Herbs	Chicken, Asparagus & Cheddar 29 Broccoli & Carrot Salad Brown Rice Orange	Cod Filet 30 Three Bean Salad Coconut Curry Vegetables Orange Brown Rice	Baked Salmon w/ Salsa Verde 31 Garden Salad w/ Thousand Garden Mixed Quinoa & Brown Rice Vegetables 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 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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Savory Pork & Veggie Breakfast Bake 1 Hash Brown Orange	Chicken & Mushroom Congee 2 Whole Wheat Dinner Roll Jam & Margarine Orange Hash Brown	Breakfast Fried Brown Rice 3 Sweet Potato Hash Fruit Cup
Breakfast Sandwich with an Egg White Patty 6 Turkey Sausage Hash Brown English Muffin Fruit Cup	Hash Brown Casserole 7 English Muffin Apple	Scrambled Eggs & Sweet Potato Hash 8 Whole Wheat Dinner Roll Jam & Margarine Orange	Cinnamon Raisin Oatmeal & Hard Boiled Eggs 9 Hash Brown Orange	Chicken & Pork Hash with an Egg White Patty 10 Whole Wheat Dinner Roll Brown Rice Fruit Cup
Breakfast Sandwich with an Egg White Patty 13 Turkey Sausage Hash Brown English Muffin Fruit Cup	Oatmeal with Mixed Berries 14 Sweet Potato Hash Turkey Sausage Apple	Savory Pork & Veggie Breakfast Bake 15 Hash Brown Orange	Chicken & Mushroom Congee 16 Whole Wheat Dinner Roll Jam & Margarine Orange Hash Brown	Breakfast Fried Brown Rice 17 Sweet Potato Hash Fruit Cup
Breakfast Sandwich with an Egg White Patty 20 Turkey Sausage Hash Brown English Muffin Fruit Cup	Hash Brown Casserole 21 English Muffin Apple	Scrambled Eggs & Sweet Potato Hash 22 Whole Wheat Dinner Roll Jam & Margarine Orange	Cinnamon Raisin Oatmeal & Hard Boiled Eggs 23 Hash Brown Orange	Chicken & Pork Hash with an Egg White Patty 24 Whole Wheat Dinner Roll Brown Rice Fruit Cup
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