

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

JUNE
2026

Project Open Hand LUNCH MENU

By Kristi Friesen, Registered Dietitian 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	—

Magnesium: Sources & Benefits

What does magnesium do for me?

Most people in the United States do not consume enough magnesium on a daily basis.

Magnesium is an essential mineral and has some important roles:

- Structural component of bones and teeth
- Regulates nerve transmission and muscle contraction
- Assists in hundreds of essential cell-to-cell communications.

Some foods are good sources of magnesium including green leafy vegetables, whole grains, beans, and nuts.

Since magnesium is a part of chlorophyll, the green pigment in plants, green leafy vegetables are good sources of magnesium. Darker green vegetables will contain more magnesium than lighter pigments. Unrefined (whole grains) and nuts also have high magnesium content.

How much magnesium do you need?

The Recommended Daily Allowance (RDA) for men over 31 years old is 420mg, and for women over 31 years old it is 320mg.

The tolerable Upper Intake Level (UL) for magnesium is 350mg/day from supplements. The UL does not apply to naturally occurring magnesium in foods. If you are considering a supplement form of magnesium, check with your doctor about a safe intake level.

Nutrient Interactions

Taking high doses of supplemental zinc may interfere with the absorption of magnesium. Check with your doctor about all high dose supplements to ensure you are keeping your nutrient intake in a good balance!

What Foods Have Magnesium?

Food	Serving	Milligrams (mg) per serving
Brazil nuts	1 ounce (6 each)	107
Cereal, oat bran	½ cup dry	96
Brown rice, medium grain, cooked	1 cup	86
Cashews	1 ounce (16 each)	83
Spinach, frozen chopped, cooked	½ cup	78
Almonds	1 ounce (23 each)	77
Swiss chard, chopped, cooked	½ cup	75
Avocado	1 fruit	58

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
OPEN HAND:



@ProjectOpenHand

June 2026



Project Open Hand
meals with love



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef & Lentil Ragout 1 Garden Salad w/ Ranch Brown Rice Fruit Cup Broccoli	Chicken Thigh w/ Italian Seasoning 2 Romaine w/ Caesar Whole-Wheat Rotini Peas & Carrots Marinara Sauce Apple	Chicken & Lentil Stew 3 Garden Salad w/ Honey Mustard Mashed Potatoes Orange Whole Wheat Dinner Roll Garden Mixed Vegetables	Blackened Salmon 4 Three Bean Salad Wild Rice Pilaf Orange Sofrito	Beef & Turkey Bolognese 5 Garden Salad w/ Red Wine Vinegar Whole Wheat Rotini Tangerine
Beef Chili 8 Garden Salad w/ Balsamic Brown Rice Roasted Sweet Potatoes Fruit Cup	Five Spice Chicken Thigh 9 Pasta Salad White Rice Asian Veg Sichuan Stir Fry Apple	Pork & White Bean Chili 10 Garden Salad w/ Caesar Quinoa & Roasted Sweet Potatoes Brown Rice Orange	Baked Salmon 11 w/ Spinach & Lemon Sauce Corn & Tomato Salad Whole Wheat Dinner Roll Broccoli Mashed Potatoes Orange	Cod Filet 12 Asparagus Bean Salad w/ Lemon Dressing Brown Rice Tangerine Vegetable Primavera
Beef Stroganoff 15 Chicory Salad with Citrus Mashed Parsnips & Potatoes Peas & Carrots Whole-Wheat Fruit Cup Dinner Roll	Chicken Thigh w/ Gravy 16 Macaroni Salad Mashed Sweet Potatoes Apple Broccoli	Chicken Drumsticks w/ Dijon 17 Garden Salad w/ Feta Herb Wild Rice Pilaf Orange	Baked Salmon 18 Roasted Sweet Potato w/ Creamy Honey Mustard Sweet & Sour Vegetables Orange Brown Rice	Cod Etouffee 19 Garden Salad w/ Italian Dressing Black-eyed Peas & Rice Cornbread Apple
Beef Stew w/ Herbs 22 Garden Salad w/ Balsamic Mashed Parsnips Whole Wheat Dinner & Potatoes Fruit Cup	Chicken w/ Snow Peas 23 Pasta Salad White Rice w/ Apple Herbs	Chicken, Asparagus & Cheddar 24 Broccoli & Carrot Salad Brown Rice Orange	Cod Filet 25 Three Bean Salad Coconut Curry Vegetables Orange Brown Rice	Baked Salmon w/ Salsa Verde 26 Garden Salad w/ Thousand Garden Mixed Quinoa & Brown Rice Vegetables Tangerine
Beef Stew 29 Garden Salad w/ French Brown Rice Fruit Cup Carrots	Hoisin Chicken Thigh 30 Garden Salad w/Italian Kimchi Brown Rice Broccoli Onion Gravy Apple			

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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SAN FRANCISCO HUMAN SERVICES AGENCY
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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast Sandwich with an Egg White Patty Turkey Sausage Hash Brown English Muffin Fruit Cup	1	Oatmeal with Mixed Berries Sweet Potato Hash Turkey Sausage Apple	2	Savory Pork & Veggie Breakfast Bake Hash Brown Orange	3	Chicken & Mushroom Congee Whole Wheat Dinner Roll Jam & Margarine Hash Brown Orange	4	Breakfast Fried Brown Rice Sweet Potato Hash Tangerine	5
Breakfast Sandwich with an Egg White Patty Turkey Sausage Hash Brown English Muffin Fruit Cup	8	Hash Brown Casserole English Muffin Apple	9	Scrambled Eggs & Sweet Potato Hash Whole Wheat Dinner Roll Jam & Margarine Orange	10	Cinnamon Raisin Oatmeal & Hard Boiled Eggs Hash Brown Orange	11	Chicken & Pork Hash with an Egg White Patty Whole Wheat Dinner Roll Brown Rice Tangerine	12
Breakfast Sandwich with an Egg White Patty Turkey Sausage Hash Brown English Muffin Fruit Cup	15	Oatmeal with Mixed Berries Sweet Potato Hash Turkey Sausage Apple	16	Savory Pork & Veggie Breakfast Bake Hash Brown Orange	17	Chicken & Mushroom Congee Whole Wheat Dinner Roll Jam & Margarine Hash Brown Orange	18	Breakfast Fried Brown Rice Sweet Potato Hash Tangerine	19
Breakfast Sandwich with an Egg White Patty Turkey Sausage Hash Brown English Muffin Fruit Cup	22	Hash Brown Casserole English Muffin Apple	23	Scrambled Eggs & Sweet Potato Hash Whole Wheat Dinner Roll Jam & Margarine Orange	24	Cinnamon Raisin Oatmeal & Hard Boiled Eggs Hash Brown Orange	25	Chicken & Pork Hash with an Egg White Patty Whole Wheat Dinner Roll Brown Rice Tangerine	26
Breakfast Sandwich with an Egg White Patty Turkey Sausage Hash Brown English Muffin Fruit Cup	29	Oatmeal with Mixed Berries Sweet Potato Hash Turkey Sausage Apple	30						

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