

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

OCTOBER
2026

LUNCH MENU

By Alyssa Clark, SFSU Dietetic Intern at Project Open Hand



Meals for Autumn Harvest!

It’s that time of year again! Pumpkins, squash, and apples galore! There are many meals to make with seasonal produce during this time of year. Cooking seasonal fruits and vegetables is great because they are usually more affordable.

Pumpkins are an essential vegetable in the fall season and provide vitamin A, potassium, and 3 grams of fiber for each ½ cup serving in cooked sugar pumpkins.

- Pumpkin puree is perfect to add to various pastas like mac and cheese, hummus, smoothies, oatmeal, and pancake batter.
- Pumpkin seeds can be roasted and made sweet or savory with different seasonings such as garlic powder or cinnamon and sugar. Pumpkin seeds contain essential nutrients like zinc.

Apples are a sweet and crispy fruit that can be included in various recipes.

- They are filled with fiber that keeps things moving in our gut.
- Apples also have vitamin C, which is great for immunity.
- Baking apples at 350 F for 30 minutes can soften them and make them easier to eat!

Brussels Sprouts are small, but mighty!

- 1 cup contains 4 grams of fiber, vitamin A, C, K, and folate.
- They can be roasted slightly and paired with potatoes or butternut squash.
- They can also be shredded fresh and eaten on top of rice or pasta.

There are recipes for meals containing pumpkins, apples, squash, and other Fall produce at www.openhand.org/blog/recipe.

October 2026



Project Open Hand
meals with love



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Drumsticks w/ Mushroom Herb 1 Garden Salad w/ Avocado Herb Fall Wild Rice Pilaf Apple	Cod w/ Artichoke Cream Sauce 2 Garden Salad w/ Lemon Mashed Sweet Potatoes Pear Whole Wheat Dinner Roll
Beef Stew w/ Herbs 5 Garden Salad w/ Balsamic Mashed Parsnips & Potatoes Whole Wheat Dinner Fruit Cup	Mustard Glazed Chicken Thigh w/ Cacciatore Sauce 6 Bean & Kale Salad Whole Wheat Macaroni Apple Root Vegetables	Baked Salmon w/ Tomato Cream Sauce 7 Three Bean Salad Quinoa & Brown Rice Pear Roasted Sweet Potatoes	Chicken & Broccoli 8 Garden Salad w/ Feta Herb Brown Rice Apple Carrots	Cod w/ Harvest Chili 9 Garden Salad w/ Ranch Brown Rice Pear
Indigenous Peoples' Day Holiday Meal: Beef & Cauliflower Shepard's Pie 12 Garden Salad w/ Balsamic Whole Wheat Dinner Fruit Cup	Hoisin Chicken Thigh w/ Onion Gravy 13 Garden Salad w/ Italian Kimchi Brown Rice Broccoli Apple	Baked Salmon w/ Artichoke Ragout 14 Garden Salad w/ Lemon Mashed Parsnips & Potatoes Pear Whole Wheat Dinner Roll	Pineapple Soy Chicken 15 Garden Salad w/ Garlic Quinoa & Brown Rice Apple Roasted Sweet Potatoes	Lemon Pepper Cod 16 Cilantro Cabbage Slaw Picadillo w/ Lentil Carrots Brown Rice Pear
Beef & Lentil Ragout 19 Garden Salad w/ Ranch Brown Rice Fruit Cup Broccoli	BBQ Chicken Breast 20 Three Bean Salad Mac & Cheese Peas & Carrots Apple	Blackened Salmon w/ Sofrito 21 Roasted Sweet Potato Salad Southwest Brown Rice Pear	Chicken Lentil Stew 22 Garden Salad w/ Honey Mustard Mashed Potatoes Apple Garden Mixed Vegetables Whole Wheat Dinner Roll	Beef & Turkey Bolognese 23 Garden Salad w/ Red Wine Vinegar Whole Wheat Macaroni Pear Peas
Beef Chili 26 Garden Salad w/ Balsamic Brown Rice Roasted Sweet Potatoes Fruit Cup	Orange Chicken Stirfry 27 Pasta Salad White Rice Carrots Apple	Baked Salmon w/ Spinach Lemon Herb 28 Garden Salad w/ Honey Mustard Mashed Potatoes Pear Whole Wheat Dinner Roll	Pork & Red Bean Stew 23 Cilantro Cabbage Slaw Quinoa & Brown Rice Apple Root Vegetables	Cod Filet w/ Vegetable Primavera 30 Potato & Egg Salad Brown Rice Pear

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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SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cinnamon Raisin Oatmeal & Hard Boiled Eggs 1 Roasted Breakfast Potatoes Apple	Chicken & Pork Hash with an Egg White Patty 2 Whole Wheat Dinner Roll Brown Rice Pear Cup
Breakfast Sandwich with an Egg White Patty 5 Turkey Sausage Roasted Breakfast Potatoes English Muffin Fruit Cup	French Toast Casserole 6 Sweet Potato Turkey Sausage Hash Apple	Savory Pork & Veggie Breakfast Bake 7 Hash Brown Orange Juice	Chicken & Mushroom Congee 8 Whole Wheat Dinner Roll Jam & Margarine Apple Hash Brown	Breakfast Fried Brown Rice 9 Sweet Potato Hash Pear Cup
Whole Wheat Pancakes with an Egg White Patty 12 Hash Brown Fruit Cup	Hash Brown Casserole 13 English Muffin Apple	Scrambled Eggs & Sweet Potato Hash 14 Whole Wheat Bread Jam & Margarine Orange Juice	Cinnamon Raisin Oatmeal & Hard Boiled Eggs 15 Roasted Breakfast Potatoes Apple	Chicken & Pork Hash with an Egg White Patty 16 Whole Wheat Dinner Roll Brown Rice Pear Cup
Breakfast Sandwich with an Egg White Patty 19 Turkey Sausage Roasted Breakfast Potatoes English Muffin Fruit Cup	French Toast Casserole 20 Sweet Potato Turkey Sausage Hash Apple	Savory Pork & Veggie Breakfast Bake 21 Hash Brown Orange Juice	Chicken & Mushroom Congee 22 Whole Wheat Dinner Roll Jam & Margarine Apple Hash Brown	Breakfast Fried Brown Rice 23 Sweet Potato Hash Pear Cup
Whole Wheat Pancakes with an Egg White Patty 26 Hash Brown Fruit Cup	Hash Brown Casserole 27 English Muffin Apple	Scrambled Eggs & Sweet Potato Hash 28 Whole Wheat Bread Jam & Margarine Orange Juice	Cinnamon Raisin Oatmeal & Hard Boiled Eggs 29 Roasted Breakfast Potatoes Apple	Chicken & Pork Hash with an Egg White Patty 30 Whole Wheat Dinner Roll Brown Rice Pear Cup

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