

Select sites are open for takeout or dine-in congregate meals.
Site information below is subject to change.

Aquatic Park	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Castro Senior Center	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
**Curry Senior Center	333 Turk St.
Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily <i>(Takeout or dine-in)</i>	
Downtown Senior Center	481 O’Farrell St.
Hot Breakfast 9:00-10:00AM Daily Hot Lunch 11:00- 12:00 PM Daily <i>(Takeout or dine-in)</i>	
Richmond Senior Center	6221 Geary – 3 rd Floor
Hot Lunch 11:30am – 12:30pm (Monday through Friday <i>(dine-in only)</i>)	
Ruth Brinker Meal Site	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday <i>(Takeout or dine-in)</i>	
Ruth Brinker Takeout Center	730 Polk St.
Weekly Meal Pickup (5 frozen meals including milk & fruit) 1:00 – 4:00pm, Monday through Friday <i>(An individual can pickup meals once per week)</i>	
Swords To Plowshares- Stanford	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily <i>(Takeout or dine-in)</i>	
Telegraph Hill Neighborhood Center	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Visitation Valley	66 Raymond Ave.
Hot Lunch 11:30 AM – 12:30 PM Daily <i>(Takeout or dine-in)</i>	

****This site only serves participants age 60+. All other sites serve Adults with Disabilities age 18 to 59, and participants 60+.**

The nutrition requirements for menu planning for the Community Nutrition Program are designed to meet the dietary guidelines for Americans 2020.

In order to meet these guidelines each meal must contain the following:

- Vitamin C: 1/3 DRI* each meal (25 mg)
- Vitamin A: 1/3 of DRI at least 3 times per week (250 micrograms)
- 3 oz meat or meat alternative
- 1-2 servings of Vegetables
- 1 serving of fruit or fruit juice
- 1-2 servings of grain (½ from whole grains)
- 1 serving of low-fat milk or milk alternative
- Dessert and fat are optional.
- (*Dietary Reference Intake)

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PROJECT OPEN HAND Breakfast Menu

Madeline Timm, Registered Dietitian at Project Open Hand

APRIL 2025

All About Fish!

Big news! We heard your feedback, and we’ve added an additional fish day to the weekly menu. Starting on April 26th, 2025, fish is being served on Sundays for lunch. In the light of this menu change we’re going to focus on seafood for this month's article.



Why is seafood important?

Seafood provides us with a variety of nutrients, it is protein-rich and high in omega-3 fatty acids, DHA and EPA. Omega-3 fatty acids are fats that are essential for the human body. Some types of seafood are also a natural source of vitamin D, which is only found in a few kinds of foods.

- Protein-** builds and maintains your muscles and bones, helps balance blood sugar, and supports your immune system
- Omega-3 Fatty Acids-** can be beneficial for cardiovascular and brain health
- Vitamin D-** helps maintain bone strength

How much should I eat?

The FDA recommends 2-3 servings a week from low mercury fish with at least one of those servings being from a fatty fish like salmon.

- Examples of low mercury fish include anchovies, cod, salmon, crawfish, oyster, perch, pollock, sardine, shrimp, tilapia, and freshwater trout

Important Reminders:

Not all fish is created equal, while seafood is incredibly beneficial there are also some important things to keep in mind. Some types of seafood can be high in a molecule called mercury. Mercury can be dangerous if it is consumed in excess. For this reason, the FDA and EPA regulate mercury levels in food. Here are some tips for choosing seafood:

- Eat fish lower on the food chain (like smaller fish)
- Avoid large fish that primarily eat smaller fish, like swordfish, shark, and certain kinds of tuna
- Avoid eating fish caught in water with high mercury levels. This includes water impacted by industrial runoff, a history of mining, or coal powered plants nearby. Check the EPA or California State Water Resources Control Board website to learn about mercury in fish caught in the Bay Area.

For more information visit the FDAs website at
<https://www.fda.gov/food/consumers/advice-about-eating-fish>



Project Open Hand
40 years of meals with love

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day visit us at www.openhand.org	Oatmeal w/ Berries Sweet Potato Hash Turkey Sausage Orange 1	Scallion Scrambled Eggs Breakfast Succotash Brown Rice Raisins 2	Cinnamon Raisin Oatmeal Scrambled Eggs Hash Brown Pineapple 3	Breakfast Fried Brown Rice Sweet Potato Hash Apple 4	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Raisins 5	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Bread Margarine & Jelly Raisins 6
Tomato Egg Stir Fry Roasted Sweet Potato Brown Rice Orange 7	Oatmeal w/ Berries Hash Brown Turkey Sausage Orange 8	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Raisins 9	Tofu Sesame Eggs Hash Brown Whole Wheat Bread Margarine & Jelly Pineapple 10	Cinnamon Raisin Oatmeal Turkey & Potato Hash Whole Wheat Bread Margarine & Jelly Apple 11	Scrambled Eggs Roasted Potatoes w/ Veg Whole Wheat English Muffin Margarine & Jelly Raisins 12	Basil Frittata Hash Brown Whole Wheat Bread Margarine & Jelly Orange 13
Egg White Patty Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange 14	Oatmeal w/ Berries Sweet Potato Hash Turkey Sausage Orange 15	Scallion Scrambled Eggs Breakfast Succotash Brown Rice Raisins 16	Cinnamon Raisin Oatmeal Scrambled Eggs Hash Brown Pineapple 17	Breakfast Fried Brown Rice Sweet Potato Hash Apple 18	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Raisins 19	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Bread Margarine & Jelly Raisins 20
Egg White Patty Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange 21	Oatmeal w/ Berries Sweet Potato Hash Turkey Sausage Orange 22	Scallion Scrambled Eggs Breakfast Succotash Brown Rice Raisins 23	Chicken Congee Hash Brown Whole Wheat Dinner Roll Margarine & Jelly Orange 24	Breakfast Fried Brown Rice Sweet Potato Hash Apple 25	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Raisins 26	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Bread Margarine & Jelly Raisins 27
Tomato Egg Stir Fry Roasted Sweet Potato Brown Rice Orange 28	Oatmeal w/ Berries Hash Brown Turkey Sausage Orange 29	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Raisins 30	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.			

Community Nutrition Program

730 Polk St. San Francisco CA 94109
Office Hours: M-F 9:00am – 5:00pm
Phone: 415.447.2300
Adrian Barrow, Executive Chef
Kristi Friesen, Registered Dietitian
Erika Wong, CNP Director
Raymond Chong, CNP Manager
Erica Corte, CNP Manager
Miriam Aguilar, Manager, CNP Data & AWD HDM

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, & participants.

In the rare instance a menu has more than 1000 milligrams of sodium, it will be labeled a high sodium meal.

Comments, Suggestions, Feedback?

We would love to hear from you! Please fill out a meal comment card the next time you dine with us and turn it in to your site coordinator.

- ✓ *You need to be 60 years of age or older to be eligible for our senior lunch program*
- ✓ *You need to be 18-59 to be eligible for the adults with disabilities program*
- ✓ *Bring picture ID for proof of age.*
- ✓ *All new participants are asked to complete an Intake. While voluntary, the data on the Intake is strictly used to compile statistics in order to obtain government funding for the program.*
- ✓ *We appreciate any voluntary contribution for the meal program. The contributions will be used toward the nutrition program operations. Regardless of contribution, it will not affect services you receive.*
- ✓ *Smiles are encouraged!*