

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. Takeout meals 1:00 – 4:00pm, Monday through Friday <i>(5 frozen meals including milk & fruit)</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>	
Visitacion 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
Lunch 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 COMMUNITY NUTRITION PROGRAM MENU APRIL 2025

Nourish & engage our community by providing meals with love to the sick and the elderly.

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	1 Quinoa Salad w/ Chickpeas Chicken Thigh Chipotle Chili Gravy Mashed Sweet Potatoes Broccoli Raisins	2 Garden Salad Caesar Dressing Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower Apple	3 Barley Salad Baked Salmon Mashed Parsnips & Potatoes Artichoke & Spinach Ragout Pineapple	4 Garden Salad Lemon Dressing Pork & Turkey Patty Green Curry Sauce Quinoa & Brown Rice Carrots Apple	5 Taco Salad Chicken Tinga Brown Rice Garden Vegetables Orange	6 Garden Salad Ranch Dressing Yogurt Herb Chicken Breast Tomato Caper Sauce Barley & Vegetables Raisins
7 Macaroni Salad Beef Sichuan Brown Rice Carrots Orange	8 Barley Salad Chicken Thigh Tikka Masala Mashed Parsnips & Potatoes Capri Mixed Vegetables Raisins	9 Garden Salad Honey Mustard Dressing Smokey Chicken & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables Apple	10 Macaroni Salad Cod Filet Jambalaya Stew Blackeyed Peas & Rice Pineapple	11 Potato & Egg Salad Beef & Turkey Bolognese Whole Wheat Rotini Broccoli Apple	12 Garden Salad Russian Dressing Pork, White Bean & Artichoke Stew Mashed Sweet Potatoes Whole Wheat Dinner Roll Orange	13 Garden Salad Garlic Dressing Garlic & Ginger Chicken Breast Sweet & Sour Sauce Veggie Fried Brown Rice Raisins
14 Garden Salad Balsamic Dressing Beef Chili Colorado Brown Rice Broccoli & Cauliflower Orange	15 Taco Salad Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potatoes Raisins	16 Garden Salad Caesar Dressing Pork & White Bean Chili Quinoa & Brown Rice Roasted Sweet Potatoes Applesauce Cup	17 Garbanzo & Sweet Potato Salad Baked Salmon Spinach & Lemon Herb Sauce Whole Wheat Rotini Broccoli Pineapple	18 Barley Salad Turkey Meatloaf Eggplant Mushroom Sauce Mashed Potatoes Peas & Carrots Whole Wheat Dinner Roll Apple	19 Greek Pasta Salad Chicken Pomodoro Stew Polenta Garden Mixed Vegetables Orange	20 Broccoli & Carrot Salad Garlic & Herb Chicken Breast Creamy Basil Sauce Barley w/ Mushrooms Roasted Sweet Potatoes Raisins
21 Garden Salad Honey Mustard Dressing Beef Stroganoff Whole Wheat Rotini Broccoli Orange	22 Cilantro Cabbage Slaw Ginger-Soy Chicken w/ Vegetables Brown Rice Raisins	23 Roasted Vegetable Salad Tomato & Cucumber Salsa Falafel Tzatziki Sauce Pita Bread Pineapple	24 Garden Salad Avocado Herb Dressing Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts Orange	25 Bean & Kale Salad Turkey Tetrazzini Whole Wheat Rotini Broccoli Apple	26 Potato & Egg Salad Chicken Fajita Stew Brown Rice Carrots Cantaloupe	27 Macaroni Salad Cod Filet Jambalaya Stew Blackeyed Peas & Rice Fruit Cup
28 Broccoli & Carrot Salad Beef & Barley Stew Roasted Sweet Potatoes Orange	29 Garden Salad Honey Mustard Dressing Chicken & Tofu Chop Suey Veggie Fried Brown Rice Raisins	30 Three Bean Salad Chicken w/ Broccoli & Cheddar Whole Wheat Rotini Pineapple				

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!*