

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>This Menu Is Subject To Change Without Notice.</p> <p>Milk Is Served Every Day</p>	visit us at www.openhand.org				Marinated Vegetable Salad 1 Balsamic Dressing Chicken & White Bean Stew Whole Wheat Macaroni Carrots Seasonal Fruit	Sweet Potato Soup 2 Herb Roasted Pork Loin with Apple Sauce Brown Rice Broccoli Seasonal Fruit
Tortilla Soup Herb Roasted Chicken 3 Thighs with Salsa Verde Spanish Brown Rice Southwestern Beans Seasonal Fruit	Black Bean & Corn Salad Southwest Ranch Dressing 4 Baked Tilapia Bulgur Pilaf Ratatouille Seasonal Fruit	Garden Salad Balsamic Dressing 5 Turkey Bolognese Whole Wheat Penne Peas & Carrots Seasonal Fruit	Golden Lentil Soup Vegetable Curry with Tofu 6 Brown Rice Green Beans Seasonal Fruit	Broccoli & Edamame Salad Balsamic Dressing 7 Roasted Chicken Thigh Mushroom Herb Gravy Mashed Potatoes Brussels Sprouts & Carrots Seasonal Fruit	Cream of Broccoli Soup Roasted Beef Patty 8 Onion Gravy Creamy Polenta Green Beans Seasonal Fruit	Romaine Salad Ranch Dressing 9 Hearty Chicken Stew Brown Rice Broccoli Seasonal Fruit
Tomato Basil Soup Roasted Chicken Thigh 10 Mushroom Sage Gravy Whole Wheat Penne Corn Succotash Seasonal Fruit	Garden Salad Ranch Dressing 11 Baked Tilapia Basque Sauce Bulgur Pilaf Glazed Carrots Seasonal Fruit	Lentil Vegetable Soup Mongolian Beef 12 Brown Rice Braised Cabbage Seasonal Fruit	Broccoli Carrot Salad Balsamic Dressing 13 Chicken Tetrazzini Stew Whole Wheat Macaroni Mixed Vegetables Seasonal Fruit	Cilantro Cabbage Slaw Slaw Dressing 14 Roasted Pork Loin Sweet & Sour Sauce Brown Rice Brussel Sprouts Seasonal Fruit	Pea Soup Roasted Beef Patty 15 Mushroom Herb Sauce Mashed Potatoes Green Beans Seasonal Fruit	Garden Salad Balsamic Dressing 16 Turkey Meatloaf Onion Gravy Whole Wheat Penne Peas & Carrots Seasonal Fruit
Golden Lentil Soup Chicken Drumsticks 17 Brown Rice Pilaf Ratatouille Seasonal Fruit	Garden Salad Caesar Dressing 18 Turkey Bolognese Whole Wheat Macaroni Green Beans Seasonal Fruit	Cream of Cauliflower Soup Herb Roasted Chicken 19 Thigh & Lemon Mustard Sauce Brown Rice Peas & Carrots Seasonal Fruit	Marinated Vegetable Salad Baked Herb Tilapia 20 Puttanesca Sauce Whole Wheat Penne Glazed Carrots Seasonal Fruit	Romaine Salad Ranch Dressing 21 Chicken & Eggplant Provencal Brown Rice Pilaf Brussel Sprouts Seasonal Fruit	Garbanzo Bean & Kale Salad w/ Balsamic Dressing 22 Beef Bourguignon Mashed Potatoes Mixed Vegetables Seasonal Fruit	Curried Cabbage Soup Roasted Pork Loin 23 Chasseur Sauce Quinoa Pilaf Green Beans Seasonal Fruit
Garden Salad w/Ranch Dressing Coffee-Cocoa Rubbed 24 Pork Loin with Applesauce Wild Rice Pilaf Brussel Sprouts & Carrots Seasonal Fruit Pumpkin Pie <i>Special Holiday Meal</i>	Garden Salad w/Ranch Dressing Coffee-Cocoa Rubbed 25 Pork Loin with Applesauce Wild Rice Pilaf Brussel Sprouts & Carrots Seasonal Fruit Pumpkin Pie <i>Christmas Day</i>	Tomato Eggplant Soup Baked Tilapia 26 Marsala Sauce Brown Rice Brussel Sprouts & Carrots Seasonal Fruit	Cilantro Cabbage Slaw Slaw Dressing 27 Alma's Chicken Tinga Stew Brown Rice Southwestern Beans Seasonal Fruit	Garden Salad Balsamic Dressing 28 Turkey Meatloaf Mushroom Sage Gravy Mashed Potatoes Peas & Carrots Seasonal Fruit	Borscht Soup Sour Cream 29 Beef Stroganoff Macaroni Kale Sautee Seasonal Fruit	Marinated Vegetable Salad 30 Balsamic Dressing Hoisin Glazed Chicken Thigh Brown Rice Green Beans Seasonal Fruit
Garden Salad Caesar Dressing 31 Roasted Chicken Thighs French Country Sauce Brown Rice Peas & Carrots Seasonal Fruit	<p>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.</p>					

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 Molina, Program Director

Gina Withers, CNP Sites Manager

Raymond Chong, CNP Sites Manager

Miriam Aguilar, CNP Coordinator

The Community nutrition program is funded by: the Office on The Aging, 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.
- ✓ Voluntary, confidential donations that help keep this program running are gratefully appreciated. However, no one will be turned away for inability or unwillingness to make a donation.

Founded in 1985, **Project Open Hand** is a nonprofit organization that provides meals with love to seniors, adults with disabilities, and critically ill neighbors. Our food is like medicine that helps our clients get stronger and lead healthier lives. Every day, we prepare 2,500 nutritious meals and provide more than 200 bags of healthy groceries to our clients. We serve San Francisco and Oakland, engaging more than 125 volunteers every day to nourish our community. Learn more at www.openhand.org.

THESE SITES ARE OPEN MONDAY THROUGH FRIDAY

Alexis Apartments Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Site Coordinator Tracy Mak
**Castro Senior Center Meal Time 11:45 AM -12:15 PM	110 Diamond St. Bus Line 24, 33, F, K, L, M	415-863-3507 Site Coordinators Scott Schoverling, Pedro Mendes
**Mission YMCA Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Site Coordinator Ivania Baltodano
**Potrero Hill Neighborhood House Meal Time 11:45 AM -12:30 PM	953 DeHaro St. Bus Line 10, 19, 48	415-826-8080 Site Coordinator Dolores Maghari
**Project Open Hand AWD Site only Meal Time 10:30-12:30	730 Polk St. Bus Line: 19, 31, 38, 47, 49	415-603-9387 Site Coordinator Marina Cahua, Fred Holt
**Richmond Senior Center Meal Time: 11:45 AM-12:15 PM	6221 Geary – 3 rd Fl Bus Line 1, 29, 31, 38	415-405-4673 Site Coordinator Helen Wong Wei Meng Friday
**Sunset Senior Center Meal Time: 11:45 AM -12:15 PM	1290 5 th Ave. Bus Line 6, 7, 43,44, N	415-759-9507 Site Coordinator Larry Jenkins
**Telegraph Hill Neighborhood Center Meal Time: 12:00 – 12:45 PM	660 Lombard St. Bus Line 8, 30, 45	421-6443 ext. 14 Site Coordinator Raymond Cheung
THESE SITES ARE OPEN 7 DAYS A WEEK AND HOLIDAYS		
**Aquatic Park (closed Saturday) Meal Time 12-12:45 PM	890 Beach St. Bus Line 19,28, 30, 47,49	415-603-0190 Site Coordinators Wendy Cohen M-F, Dennis Pash M-F, Helen Wong Sundays
Curry Senior Center Breakfast 8:30-9:30AM Lunch 1030 AM -1230 PM	333 Turk St. Bus Line 7, 9, 19,27, 31	415-292-1086 Site Coordinators Eduardo Cruz, Dave Gesek, Cynthia Aguirre, Juan Cahua-Salazar
**Downtown Senior Center Breakfast 9:00-9:45AM (Monday – Friday) Meal Time 11:30-12:15	481 O’Farrell St. Bus Line 2, 3, 8, 27, 31, 38,45	415-535-4763 Site Coordinators Oscar Gonzales., Kelly Wong, Mei Wong
**Visitacion Valley Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Site Coordinators Jose Chavez M-F Pilar Dexter Weekend
**Swords To Plowshares- Stanford Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Site Coordinators Maqbool Khan, Ben Clyburn Mina Katimin weekend

**This site serves Adult with Disabilities ages 18-59

The nutrition requirements for menu planning for the Community Nutrition Program are designed to meet the dietary guidelines for Americans 2015.

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)

Stay connected with Project Open Hand:



facebook.com/ProjectOpenHand
twitter.com/ProjectOpenHand
instagram.com/ProjectOpenHand

PROJECT OPEN HAND Community Nutrition Program

Kristi Friesen, Registered Dietitian at Project Open Hand

December 2018

Pomegranates

A fun seasonal fruit, pomegranates are packed with powerful nutrients. They contain **vitamin C** and **folate** (important for immune system), and **fiber** (important for good digestion).

Follow these tips for including them in your diet!

How do I open it?

- Starting at the top, cut through the skin making a circle all the way around the pomegranate without piercing the seeds
- Try to cut the circle on the ridges of the pomegranate for less mess
- Break the pomegranate open along the circle you made
- Continue to break into pieces and remove the seeds

Another method:

- Fill a large bowl with water
- Cut the pomegranate into quarters, and place one of the quarters under the water
- Pull apart the skin, and gently nudge the seeds out
- Repeat with each quarter. Pieces of skin will float to the top, so pour these off with some water into the sink

How do I eat it?

- Add to cereal, oatmeal, or yogurt for breakfast
- Sprinkle in green salads, grain dishes, roasted vegetables or pasta
- Crush a few seeds in a mug, pour hot water over and add lemon or honey for a soothing tea
- Make a fruit salad with chopped apple, pear and pomegranate seeds



Selects pomegranates that are plump, round, and heavy for their size

They can be stored in a cool dry place for about a month, up to 2 months when stored in the refrigerator

