

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		Broccoli Carrot Salad 1 Balsamic Dressing Chicken Tetrazzini Stew Whole Wheat Macaroni Mixed Vegetables Seasonal Fruit	Cilantro Cabbage Slaw 2 Roasted Pork Loin Sweet & Sour Sauce Brown Rice Brussel Sprouts Seasonal Fruit	Pea Soup 3 Roasted Beef Patty Mushroom Herb Sauce Mashed Potatoes Green Beans Seasonal Fruit	Garden Salad 4 Balsamic Dressing Turkey Meatloaf Onion Gravy Whole Wheat Penne Peas & Carrots Seasonal Fruit
Golden Lentil Soup 5 Chicken Drumsticks Brown Rice Pilaf Ratatouille Seasonal Fruit	Garden Salad 6 Caesar Dressing Turkey Bolognese Whole Wheat Macaroni Green Beans Seasonal Fruit	Cream of Cauliflower Soup 7 Herb Roasted Chicken Thigh Lemon Mustard Sauce Brown Rice Peas & Carrots Seasonal Fruit	Marinated Vegetable Salad 8 Baked Herb Tilapia Puttanesca Sauce Whole Wheat Penne Glazed Carrots Seasonal Fruit	Romaine Salad 9 Ranch Dressing Chicken & Eggplant Provencal Brown Rice Pilaf Brussel Sprouts Seasonal Fruit	Garbanzo Bean & Kale Salad 10 Balsamic Dressing Beef Bourguignon Mashed Potatoes Mixed Vegetables Seasonal Fruit	Curried Cabbage Soup 11 Roasted Pork Loin Chasseur Sauce Quinoa Pilaf Green Beans Seasonal Fruit
Potato & Onion Soup 12 Roasted Chicken Drumsticks Paprikash Sauce Brown Rice Braised Cabbage Seasonal Fruit Celebration Cake <i>Veterans Day (Observed)</i>	Garden Salad 13 Honey Mustard Dressing Baked Tilapia Sweet & Sour Sauce Bulgur Pilaf Mixed Vegetables Seasonal Fruit	Tomato Eggplant Soup 14 Roasted Pork Loin Marsala Sauce Brown Rice Brussel Sprouts & Carrots Seasonal Fruit	Cilantro Cabbage Slaw 15 Alma's Chicken Tinga Stew Brown Rice Southwestern Beans Seasonal Fruit	Garden Salad 16 Balsamic Dressing Turkey Meatloaf Mushroom Sage Gravy Mashed Potatoes Peas & Carrots Seasonal Fruit	Borscht Soup 17 Sour Cream Beef Stroganoff Whole Wheat Macaroni Kale Sautee Seasonal Fruit	Marinated Vegetable Salad 18 Balsamic Dressing Hoisin Glazed Chicken Thigh Brown Rice Green Beans Seasonal Fruit
Garden Salad 19 Caesar Dressing Roasted Chicken Thighs French Country Sauce Brown Rice Peas & Carrots Seasonal Fruit	Pea Soup 20 Roasted Beef Patty Onion Gravy Whole Wheat Penne Green Beans Seasonal Fruit	Garden Salad w/ Ranch Dressing 21 Roasted Turkey w/Cranberry Sauce Mashed Potatoes Mushroom Gravy Brussel Sprouts & Carrots Applesauce Cup Pumpkin Pie <i>Special Holiday Meal</i>	Garden Salad w/ Ranch Dressing 22 Roasted Turkey w/Cranberry Sauce Mashed Potatoes Mushroom Gravy Brussel Sprouts & Carrots Applesauce Cup Pumpkin Pie <i>Thanksgiving Day</i>	Cilantro Cabbage Slaw 23 Roasted Pork Loin Salsa Verde Brown Rice Carrots Seasonal Fruit	Lentil Vegetable Soup 24 Turkey Meatballs Marinara Sauce Whole Wheat Penne Carrots Seasonal Fruit	Romaine Salad 25 Balsamic Dressing Hearty Beef Stew Bulgur Mixed Vegetables Seasonal Fruit
Curried Cabbage Soup 26 Roasted Chicken Thigh Cacciatore Sauce Whole Wheat Penne Mixed Vegetables Seasonal Fruit	Romaine Salad 27 Southwest Ranch Dressing Beef & Lentil Stew Brown Rice Green Beans Seasonal Fruit	Tuscan Bean Soup 28 BBQ Chicken Drumsticks Creamy Polenta Braised Cabbage Seasonal Fruit	Cilantro Cabbage Slaw 29 Slaw Dressing Baked Tilapia Caponata Sauce Whole Wheat Penne Glazed Carrots Seasonal Fruit	Garden Salad 30 Italian Herb Dressing Turkey Meatloaf Marsala Sauce Mashed Sweet Potato Peas & Carrots Seasonal Fruit		

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 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.
- ✓ Smiles are encouraged!

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 Mendez
**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)

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PROJECT OPEN HAND Community Nutrition Program

Cecilia Cruz, Dietetic Intern an San Francisco State University

November 2018

Diabetes Awareness Month

Diabetes Superfoods

Although **Beans** do contain carbohydrates, they are a great source of protein, fiber, magnesium and potassium. 1/2 cup provides as much protein as one ounce of meat without the saturated fat!

Berries and **Sweet Potatoes** are a great way to satisfy your sweet tooth- just sprinkle some cinnamon on top for a sweet treat. These are good sources of fiber, vitamin C and potassium.

Dark Leafy Greens are low in carbohydrates and contain vitamins A, C, E and K. they are also a great source of iron, potassium, and calcium.

Nuts are a great way to manage hunger in addition to providing healthy fats, magnesium, and fiber. **Walnuts** are a good source of Omega 3.

Whole Grains are a great source of fiber, magnesium, B vitamins, iron, and folate. When selecting grains look for the word "whole" as the first ingredient on the label.



Good Snack Ideas

- 3/4 cup of plain popcorn
- 1 cup of salad greens + 1/2 cup diced cucumber with vinegar and oil
- 1/3 cup hummus + 1 cup raw fresh vegetables
- 1/2 peanut butter sandwich with whole grain bread
- 1/4 cup dried fruit and nut mix
- 1 cup mixed berries sprinkled with cinnamon

Join us in celebrating diabetes awareness month by including these superfoods in your day!

