COVID-19 SERVICE UPDATE: No sites are open for congregate meals at this time. Select sites are open for hot meal TO GO meal, or to distribute 7 frozen meals once a week to encourage shelter in place. We require all participants to wear a mask and follow social distancing protocols for the safety of our staff and volunteers during this time.

Clients can come to 730 Polk Street, 1st floor Monday through Friday from 1-4pm to pick up meals for the week. Meals also include milk and fruit. For any questions regarding pick up meals, please call 415-447-2310 during the 1-4pm pick up window.

Site information below is subject to change.

These sites are closed temporarily: Alexis Apartments, Mission YMCA, Potrero Hill Neighborhood House, Sunset Senior Center, Aquatic Park, Swords to Plowshares Stanford.

Frozen Meal Tips from Chef Adrian: “Freezing is a safe way to increase the shelf life without losing the nutrients or benefits. Below are a few ideas on how to preserve the integrity of ingredients in our meals.”

• Allow your frozen meal to thaw in the refrigerator for a day (or up to 3 days) before microwaving. This allows the cooking time to be less and the vegetables won’t be overcooked.
• Remove the frozen vegetables from your still frozen meal prior to cooking the meal so that you can cook the components (protein, starch, veggies) for different lengths of time. Veggies can also be heated separately in a steamer rather than microwaved. Heat the meals in the oven or toaster oven. Preheat oven to 350 °F, transfer to an oven-proof dish and heat for 10-15 minutes.

<table>
<thead>
<tr>
<th>Site</th>
<th>Address/Site Only</th>
<th>Meal Time</th>
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<tbody>
<tr>
<td>Castro Senior Center</td>
<td>110 Diamond St.</td>
<td>Thursday 10am-12:30pm, front of building</td>
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<tr>
<td>Ocean Beach Site</td>
<td>1930 Polk St.</td>
<td>Monday – Thursday 10am-12:30pm, Fridays 10:30am-12:00pm</td>
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<tr>
<td><strong>South of Market Senior Center</strong></td>
<td>730 Polk St.</td>
<td>Monday through Friday 10am-12:30pm</td>
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<tr>
<td><strong>Central Senior Center</strong></td>
<td>446 Randolph St.</td>
<td>Thursday 10:15am-12pm</td>
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<tr>
<td><strong>Downtown Senior Center</strong></td>
<td>481 O’Farrell St.</td>
<td>Monday through Friday 9:00-10:00am &amp; 10:30am-12:00pm</td>
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<tr>
<td><strong>Mission Senior Center</strong></td>
<td>660 Lombard St.</td>
<td>Monday through Friday 10:30am-12:00pm</td>
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<tr>
<td><strong>Telegraph Hill Neighborhood Center</strong></td>
<td>333 Turk St.</td>
<td>Monday through Friday 8:30am-9:30am Daily 12:00pm-1:00pm</td>
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<tr>
<td><strong>Visitation Valley</strong></td>
<td>66 Raymond Ave.</td>
<td>Saturday 9:30am-12:00pm</td>
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**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:

- 1/2 serving of vegetables, fruits, or grain (up to 1/2 rice, pasta, bread, or other starch)
- 1/2 serving of meat, poultry, fish, or beans
- 1/2 serving of low-fat or no fat milk or milk alternative
- 1 fruit or vegetable
- 1/2 serving of whole grain
- 1/2 serving of vegetable (processed foods, such as soups, rice, pasta, etc.)
- 1 serving of low-fat milk or milk alternative

Vitamin D:

- 1 serving (25 mg) each meal (25 mg)
- 1 serving (250 mg) per week (250 mcg)
- 3 or more servings of vegetables
- 1 serving of fruit or fruit juice
- 1 serving of lean meat, poultry, fish, or beans
- 1 serving of whole grain
- 1 serving of low-fat or no fat milk or milk alternative
- 1 fruit or vegetable

Menopause Breast Cancer Risk

- There is evidence that processed meats can increase breast cancer risk. Processed meat has been seasoned with salt, seasonings, and additives to enhance flavor. Examples: bacon, deli meats, sausage, and any fast foods meats.
- The World Health Organization has classified processed meats as a Group 1 carcinogen (known to cause cancer).
- Choose lean sources of protein such as chicken breast, fish, lean cuts of pork, and ground turkey most of the time.

Dairy

- There is some evidence that dairy products, which contain calcium, zinc, Vitamin A, D, and B12 may be beneficial in reducing the risk of post-menopausal breast cancer. Probiotics from yogurt may also be beneficial in helping to reduce breast cancer risk.
- Choose dairy products with added Vitamin D, and no added sugars.

Soy Products

- Studies have observed that moderate consumption of soy foods over a long period of time shows either a protective or neutral effect, which suggests that moderate soy consumption is safe.
- Choose natural soy products such as tofu, tempeh, or edamame (soy beans). These are low in fat, high in protein and nutrients.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td><strong>This Menu Is Subject To Change Without Notice.</strong></td>
<td><strong>Milk Is Served Every Day</strong></td>
<td><strong>visit us at <a href="http://www.openhand.org">www.openhand.org</a></strong></td>
<td><strong>Beef Bourguignon</strong>&lt;br&gt;Mashed Potatoes&lt;br&gt;Capri Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td><strong>Pork Mole</strong>&lt;br&gt;Brown Rice&lt;br&gt;Roasted Garden Vegetables&lt;br&gt;Fruit of the Day</td>
<td><strong>Chicken Breast</strong>&lt;br&gt;Chimichurri Sauce&lt;br&gt;Brown Rice Pilaf&lt;br&gt;Peas &amp; Carrots&lt;br&gt;Fruit of the Day</td>
<td><strong>Roasted Chicken Thigh</strong>&lt;br&gt;Red Pepper Sauce&lt;br&gt;Brown Rice&lt;br&gt;Cauliflower Tagine&lt;br&gt;Fruit of the Day</td>
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<td>Beef w/Eggplant&lt;br&gt;Brown Rice Pilaf&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Baked Tilapia&lt;br&gt;Wheat Berry Pilaf&lt;br&gt;Peppers &amp; Onions&lt;br&gt;Fruit of the Day</td>
<td>Chicken Thigh&lt;br&gt;Ginger Orange Sauce&lt;br&gt;Sesame Garlic Rice&lt;br&gt;Brussel Sprouts&lt;br&gt;Fruit of the Day</td>
<td>Vegetable Curry&lt;br&gt;Brown Rice&lt;br&gt;Fruit of the Day</td>
<td>Turkey Meatloaf&lt;br&gt;Zesty Tomato Sauce&lt;br&gt;Herbed Polenta&lt;br&gt;Cabbage &amp; Onions&lt;br&gt;Fruit of the Day</td>
<td>Chicken Tikka Masala&lt;br&gt;Brown Rice &amp; Veggies&lt;br&gt;Broccoli&lt;br&gt;Fruit of the Day</td>
<td>Roasted Turkey Breast&lt;br&gt;Splitt Pea &amp; Veg Stew&lt;br&gt;Zesty Herb Puree&lt;br&gt;Eggplant &amp; Peppers&lt;br&gt;Fruit of the Day</td>
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<td>Beef Birria&lt;br&gt;Brown Rice &amp; Beans&lt;br&gt;Eggplant &amp; Peppers&lt;br&gt;Fruit of the Day</td>
<td>Turkey Casserole&lt;br&gt;Whole Wheat Macaroni&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Falafel Patty&lt;br&gt;Tzatziki Sauce&lt;br&gt;Brown Rice&lt;br&gt;Mediterranean Vegetables&lt;br&gt;Fruit of the Day</td>
<td>BBQ Pork Stew&lt;br&gt;Spanish Rice &amp; Beans&lt;br&gt;Carrots &amp; Green Beans&lt;br&gt;Fruit of the Day</td>
<td>Chicken Thigh&lt;br&gt;Cheddar Grits&lt;br&gt;Creole Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Roasted Chicken Thigh&lt;br&gt;Creamy Pesto Sauce&lt;br&gt;Whole Wheat Rotini&lt;br&gt;Carrots&lt;br&gt;Fruit of the Day</td>
<td>Chicken Chilaquiles&lt;br&gt;Herb Sauce&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
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<td>Yogurt &amp; Herb Chicken&lt;br&gt;Cilantro Chile Rice&lt;br&gt;Corn Succotash&lt;br&gt;Fruit of the Day</td>
<td>Tomato Glazed&lt;br&gt;Turkey Meatloaf&lt;br&gt;Marsala Sauce&lt;br&gt;Whole Wheat Egg Noodles&lt;br&gt;Glazed Carrots&lt;br&gt;Fruit of the Day</td>
<td>Chicken Lentil Stew&lt;br&gt;Bulgur Pilaf&lt;br&gt;Brussel Sprouts&lt;br&gt;Fruit of the Day</td>
<td>Roasted Pork Loin&lt;br&gt;Mashed Potatoes&lt;br&gt;Caponata Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Baked Tilapia&lt;br&gt;Brown Rice&lt;br&gt;Veggies w/Coconut&lt;br&gt;Fruit of the Day</td>
<td>Baked Tilapia&lt;br&gt;Brown Rice&lt;br&gt;Chimichurri Sauce&lt;br&gt;Brown Rice&lt;br&gt;Capri Mix Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Chicken Tinga&lt;br&gt;Herb Sauce&lt;br&gt;Brown Rice Pilaf&lt;br&gt;Capri Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
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<tr>
<td>Pork Chile Verde&lt;br&gt;Brown Rice&lt;br&gt;Capri Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
<td>Enchilada Casserole&lt;br&gt;Spanish Brown Rice&lt;br&gt;Carrots&lt;br&gt;Fruit of the Day</td>
<td>Beef Stroganoff&lt;br&gt;Whole Wheat Egg Noodles&lt;br&gt;Brussel Sprouts &amp; Carrots&lt;br&gt;Fruit of the Day</td>
<td>White Fish Cakes&lt;br&gt;Tartar Sauce&lt;br&gt;Brown Rice&lt;br&gt;Corn Succotash&lt;br&gt;Fruit of the Day</td>
<td>Chicken Thigh&lt;br&gt;Dirty Brown Rice&lt;br&gt;Mushroom Ragout&lt;br&gt;Fruit of the Day</td>
<td>BBQ Glazed&lt;br&gt;Roasted Chicken Thigh&lt;br&gt;Beans w/Kale&lt;br&gt;Garden Mixed Vegetables&lt;br&gt;Fruit of the Day</td>
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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 Friessen, Registered Dietitian
Erika Molina, Program Director
Raymond Chong, CNP Sites Manager
Erika Wong, CNP Sites Manager
Miriam Aguilar, CNP Assistant Manager

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.
- 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!