

COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals with proof of vaccination. Select sites are open to distribute 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.

Clients can come to 730 Polk Street, 1st floor Monday through Friday from 1-4pm to pick up 5 frozen 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.

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

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| **Aquatic Park Hot Lunch 11:30 AM -12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination) | 890 Beach St. |
| **Castro Senior Center Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination) | 110 Diamond St. |
| Curry Senior Center Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily | 333 Turk St. (Takeout or dine-in with proof of vaccination) |
| **Downtown Senior Center Hot Breakfast 9:00-10:00AM Daily Hot Lunch 11:00- 12:00 PM Daily | 481 O'Farrell St. (Takeout or dine-in with proof of vaccination) |
| **IT Bookman Community Center Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination) | 446 Randolph St |
| **Project Open Hand AWD Site only Hot Lunch 10:30-12:30 Monday through Friday | 730 Polk St. (Takeout or dine-in with proof of vaccination) |
| **Richmond Senior Center 5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm | 6221 Geary – 3 rd Floor |
| **Telegraph Hill Neighborhood Center Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in with proof of vaccination) | 660 Lombard St. |
| **Visitacion Valley 7 Frozen meals distributed on Saturdays 10:30am- 12:00pm | 66 Raymond Ave. |

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

Lunch Menu

Janelle Maglione, SFSU Dietetic Intern at Project Open Hand

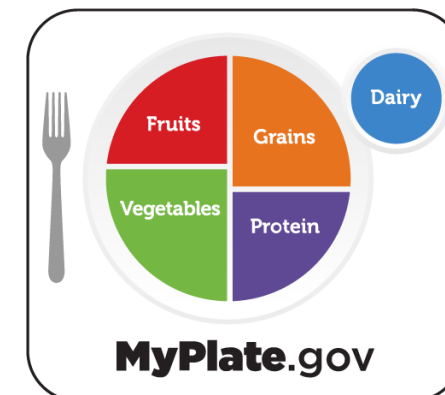
December 2022

Snack Formula

We all know what it can be like you start feeling hungry but your next meal time is still a while away. Maybe you're waiting for your lunch break. Maybe your dinner is still cooking in the oven. Here is an *easy formula* for a health and satisfying snack.

Where did the formula come from?

The USDA created the MyPlate guidelines to help lead Americans to make healthier choices. However, MyPlate focuses on main meals – not snack time!



What is the formula?

The main food groups are **vegetables, fruit, grains, protein and dairy**. To build a healthy snack we combine three of the five food groups.

Vegetables

Non-starchy vegetables like carrots, celery, bell pepper, tomato, broccoli, or cauliflower!

Fruits

Apples, pears, banana, oranges, berries, pineapple, melons, mango, apricot or peaches!

Grains

Brown rice, corn tortillas, oatmeal, granola, whole wheat bread, whole wheat crackers or barley

Protein

Beans, chicken, turkey, pork, fish, beef, peanut butter, hummus, or tofu!

Dairy

Yogurt, cheese, milk or milk-alternatives!

Lets try out the formula!

#1: Dairy + Grain + Fruit

Combine yogurt as your dairy and top with granola and your choice of fruit for a grain and fruit!

#2: Grain + Dairy + Protein

Using two corn tortillas as your grain, add cheese and cooked chicken for dairy and protein and heat on a pan until warm!

#3: Vegetables + Grain + Protein

Chop some carrots, bell peppers, and cucumber and grab your favorite whole wheat crackers for your vegetable and grain and dip in your favorite hummus as a protein!

#4 Fruit + Dairy + Protein

Slice one apple as your fruit mix together Greek yogurt with peanut butter for your dairy and protein!

Remember 3 out of 5 and soon you'll be flying high!



| 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 | | Barley Salad Smokey Chipotle Chicken Thigh 1 Cajun Kidney Beans & Greens Charleston Red Rice Garden Mixed Vegetables Fruit of the Day | Garden Salad Russian Dressing Turkey Jambalaya 2 Brown Rice & Orzo Pilaf Broccoli Fruit of the Day | Green Bean & Corn Salad Chicken Breast 3 Mushroom Alfredo Sauce Whole Wheat Rotini Kale Pesto Fruit of the Day | Garden Salad Lemon Dressing Turkey Meatloaf 4 Turkey Gravy Mushroom Barley Pilaf Capri Mixed Vegetables Fruit of the Day |
| Garden Salad Balsamic Dressing Pork & Mushroom Adobo 5 Butternut Squash & Kale Quinoa Garlic Herb Carrots Fruit of the Day | Roasted Sweet Potato Salad Beef Fricassee 6 Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day | Coleslaw Southwest Ranch Dressing Honey Mustard Chicken Drumstick 7 Brown Rice Pilaf Corn with Mushrooms & Greens Fruit of the Day | Garden Salad Ranch Dressing Turkey Chili 8 Cheddar Grits Capri Mixed Vegetables Fruit of the Day | Quinoa Salad Lemon Dressing Baked Salmon 9 Sesame Brown Rice Kung Pao Tofu & Veggies Fruit of the Day | Garden Salad Italian Dressing Balsamic Yogurt Chicken Thigh 10 Roasted Garlic Sauce Brown Rice Pilaf Capri Mixed Vegetables Fruit of the Day | Sesame Chickpea Salad Chicken Pomodoro 11 Whole Wheat Rotini Spicy Green Beans Fruit of the Day |
| Garden Salad Italian Dressing Roasted Pork Loin w/ Rosemary & Onions 12 Mushroom Sage Gravy Brown Rice Pilaf Garlic Herb Carrots Fruit of the Day | Garden Salad Lemon Dressing Beef Chili Colorado 13 Mexican Brown Rice & Beans Garden Mixed Vegetables Fruit of the Day | Garden Salad Balsamic Dressing BBQ Chicken Drumstick 14 Baked Beans w/ Kale Brown Rice Pilaf Garden Mixed Vegetables Fruit of the Day | Crunchy Peanut Satay Salad Mediterranean Turkey Burger 15 Artichoke & Spinach Cream Sauce Wild Rice Pilaf Broccoli & Cauliflower Fruit of the Day | Garden Salad Honey Mustard Dressing Baked Salmon 16 Butternut Squash Kale Quinoa Moroccan Tagine Fruit of the Day | Garden Salad Honey Mustard Dressing Sage Roasted Chicken Thigh 17 Cacciatore Sauce Mushroom Barley Pilaf Broccoli & Cauliflower Fruit of the Day | Romaine Salad Caesar Dressing Turkey Salisbury Steak 18 Mushroom Sage Gravy Brown Rice Pilaf Winter Vegetables Fruit of the Day |
| Chopped Vegetable Salad Italian Dressing African Macanese Chicken Curry 19 Red Pepper Brown Rice Broccoli Fruit of the Day | Black Bean & Corn Salad Southwest Ranch Dressing Hoisin Pork Medallion 20 Vegetable Fried Brown Rice Orange Tofu & Edamame Stir fry Fruit of the Day | Garden Salad Ranch Dressing Beef Bourguignon 21 Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day | Garden Salad Avocado Herb Dressing Balsamic Chicken Drumstick Red Pepper Sauce 22 Wheat Berry Pilaf Green Beans Fruit of the Day | Romaine Salad Roasted Garlic Dressing Chicken Breast Red Mole Sauce 23 Mexican Brown Rice & Beans Eggplant & Tomatoes Fruit of the Day | Potato & Egg Salad Honey Glazed Salmon 24 Creamy Dill Sauce Brown Rice Pilaf Mashed Parsnips & Sweet Potatoes Potatoes Green Bean Casserole Fruit of the Day Apple Pie | Broccoli & Carrot Salad Pork Loin Sage Gravy 25 Brown Rice & Orzo Pilaf Mashed Parsnips & Sweet Potatoes Potatoes Green Bean Casserole Cranberry Apple Chutney Fruit of the Day Pumpkin Pie |
| Garden Salad Lemon Dressing Chicken & White Bean Chili 26 Brown Rice Pilaf Garden Mixed Vegetables Fruit of the Day | Broccoli & Carrot Salad Feta & Herb Dressing Chicken Breast 27 Wild Rice Pilaf Corn w/ Mushrooms & Greens Fruit of the Day | Garden Salad Red Wine Vinaigrette BBQ Chicken Stew w/ Pineapple 28 Vegetable Fried Brown Rice Broccoli Fruit of the Day | Garden Salad Honey Mustard Dressing Moroccan Beef Stew 29 Brown Rice Pilaf Broccoli & Cauliflower Fruit of the Day | Garden Salad Honey Mustard Dressing Chicken Drumstick Lemon Caper Sauce 30 Brown Rice Pilaf Artichoke Provencal Ragout Fruit of the Day | Garden Salad & Roasted Garlic Dressing Turkey Meatloaf Florentine 31 Black Pepper Parmesan Sauce Butternut Squash Kale Quinoa Garden Mixed Vegetables Fruit of the Day | |

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.

Please note the holiday meals on Thursday 12/24 and Friday 12/25 are high in sodium (with the addition of the pies)

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
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!