COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals. Select sites are open to distribute frozen meals once a week to encourage shelter in place.

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 415-447-2379 during the 1-4pm pick up window.

Site information below is subject to change.

**This site only serves participants age 60+. All other sites serve Adults with Disabilities age 18 to 59, and participants 60+.

<table>
<thead>
<tr>
<th>Aquatic Park</th>
<th>890 Beach St.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch 11:30 AM -12:30 PM Monday through Friday (Takeout or dine-in)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Castro Senior Center</th>
<th>110 Diamond St.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Curry Senior Center</strong></th>
<th>333 Turk St.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Breakfast 8:30-9:30AM Daily</td>
<td></td>
</tr>
<tr>
<td>Hot Lunch 10:30 AM -12:30 PM Daily (dine-in only )</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Downtown Senior Center</th>
<th>481 O’Farrell St.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Breakfast 9:00-10:00AM Daily</td>
<td></td>
</tr>
<tr>
<td>Hot Lunch 11:00-12:00 PM Daily (Takeout or dine-in)</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>IT Bookman Community Center</th>
<th>446 Randolph St.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in). This site is closed on the 4th Friday of every month.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Richmond Senior Center</th>
<th>6221 Geary – 3rd Floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch 11:30am – 12:30pm Monday through Friday (dine-in only)</td>
<td></td>
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<table>
<thead>
<tr>
<th>Ruth Brinker Meal Site</th>
<th>730 Polk St.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch 10:30-12:30 Monday through Friday (Takeout or dine-in)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Swords To Plowshares- Stanford</th>
<th>250 Kearny St</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch: 11:30-12:30 PM Daily (Takeout or dine-in)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Telegraph Hill Neighborhood Center</th>
<th>660 Lombard St.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (Takeout or dine-in)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Visitacion Valley</th>
<th>66 Raymond Ave.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch 11:30 AM – 12:30 PM Daily (Takeout or dine-in)</td>
<td></td>
</tr>
</tbody>
</table>

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 or meal or meal alternative
- 1/2 servings of **Vegetables**
- 1 serving of fruit or fruit juice
- 1/2 servings of **grain** (% 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](https://facebook.com/ProjectOpenHand)
- [twitter.com/ProjectOpenHand](https://twitter.com/ProjectOpenHand)
- [instagram.com/ProjectOpenHand](https://instagram.com/ProjectOpenHand)

Want to learn more? Head to [https://www.openhand.org/blog](https://www.openhand.org/blog) to read a more detailed post All About Fats!
**MONDAY**
Scrambled Eggs
Houseemade Salsa
Hash Brown
English Muffin
Fruit of the Day

**TUESDAY**
Broccoli & Cheddar
Breakfast Casserole
Whole Wheat English Muffin
Margarine & Jelly
Fruit of the Day

**WEDNESDAY**
Scrambled Eggs
Turkey Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**THURSDAY**
English Pea Frittata
Sweet Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**FRIDAY**
Scrambled Eggs
Breakfast Potatoes
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**SATURDAY**
Scrambled Eggs
Hash Brown
English Muffin
Margarine & Jelly
Fruit of the Day

**SUNDAY**
Enchilada Casserole
Breakfast Succotash
English Muffin
Margarine & Jelly
Fruit of the Day

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**Scrambled Eggs**
Breakfast Hash
English Muffin
Margarine & Jelly
Fruit of the Day

**Almond Berry Oatmeal Bake**
Sweet Potato Hash
Turkey Sausage
Fruit of the Day

**Greek Scrambled Eggs**
Breakfast Potatoes
Whole Wheat Bread
Fruit of the Day

**Turkey & Veggie English Muffin Casserole**
Scrambled Eggs
Margarine & Jelly
Fruit of the Day

**Sweet Potato Hash**
Breakfast Potatoes
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Scrambled Eggs Houseemade Salsa**
Hash Brown
English Muffin
Fruit of the Day

**Broccoli & Cheddar Breakfast Casserole**
Whole Wheat English Muffin
Margarine & Jelly
Fruit of the Day

**Turkey Potato Hash**
Sweet Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**English Pea Frittata**
Sweet Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Scrambled Eggs**
Breakfast Potatoes
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Turkey Sausage Casserole**
Avocado Salsa
English Muffin
Fruit of the Day

**Oatmeal with Blueberries**
Turkey Sausage
Breakfast Hash
Fruit of the Day

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**Scrambled Eggs**
Houseemade Salsa
Hash Brown
English Muffin
Fruit of the Day

**Almond Berry Oatmeal Bake**
Sweet Potato Hash
Turkey Sausage
Fruit of the Day

**Greek Scrambled Eggs**
Breakfast Potatoes
Whole Wheat Bread
Fruit of the Day

**Turkey & Veggie English Muffin Casserole**
Scrambled Eggs
Margarine & Jelly
Fruit of the Day

**Sweet Potato Hash**
Breakfast Potatoes
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Scrambled Eggs Houseemade Salsa**
Hash Brown
English Muffin
Fruit of the Day

**Broccoli & Cheddar Breakfast Casserole**
Whole Wheat English Muffin
Margarine & Jelly
Fruit of the Day

**Turkey Potato Hash**
Sweet Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**English Pea Frittata**
Sweet Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Scrambled Eggs**
Breakfast Potatoes
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Turkey Sausage Casserole**
Avocado Salsa
English Muffin
Fruit of the Day

**Oatmeal with Blueberries**
Turkey Sausage
Breakfast Hash
Fruit of the Day

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**Scrambled Eggs**
Houseemade Salsa
Hash Brown
English Muffin
Fruit of the Day

**Broccoli & Cheddar Breakfast Casserole**
Whole Wheat English Muffin
Margarine & Jelly
Fruit of the Day

**Turkey Potato Hash**
Sweet Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**English Pea Frittata**
Sweet Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Scrambled Eggs**
Breakfast Potatoes
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Turkey Sausage Casserole**
Avocado Salsa
English Muffin
Fruit of the Day

**Oatmeal with Blueberries**
Turkey Sausage
Breakfast Hash
Fruit of the Day

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**Scrambled Eggs**
Houseemade Salsa
Hash Brown
English Muffin
Fruit of the Day

**Broccoli & Cheddar Breakfast Casserole**
Whole Wheat English Muffin
Margarine & Jelly
Fruit of the Day

**Turkey Potato Hash**
Sweet Potato Hash
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**English Pea Frittata**
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Margarine & Jelly
Fruit of the Day

**Scrambled Eggs**
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Margarine & Jelly
Fruit of the Day

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Avocado Salsa
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**Oatmeal with Blueberries**
Turkey Sausage
Breakfast Hash
Fruit of the Day

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Fruit of the Day

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Margarine & Jelly
Fruit of the Day

**Turkey Potato Hash**
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Margarine & Jelly
Fruit of the Day

**English Pea Frittata**
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Margarine & Jelly
Fruit of the Day

**Scrambled Eggs**
Breakfast Potatoes
Whole Wheat Bread
Margarine & Jelly
Fruit of the Day

**Turkey Sausage Casserole**
Avocado Salsa
English Muffin
Fruit of the Day

**Oatmeal with Blueberries**
Turkey Sausage
Breakfast Hash
Fruit of the Day

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This Menu Is Subject To Change Without Notice.
Milk Is Served Every Day

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Please Note: Our menu meets 1/3 DRI for all target nutrients except Vitamin D and Magnesium. The Project Open Hand dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D and Magnesium needs.

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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 Associate 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!

visit us at www.openhand.org