

Select sites are open for takeout or dine-in congregate meals.
Meals are served on a first come, first served basis.
Site information below is subject to change.

Aquatic Park	890 Beach St.
Lunch 11:30 AM -12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Castro Senior Center	110 Diamond St.
Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
**Curry Senior Center	333 Turk St.
Breakfast 8:30 AM - 9:30 AM Monday through Friday Lunch 10:30 AM - 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Downtown Senior Center	481 O’Farrell St.
Breakfast 9:00 AM - 10:00AM Monday through Friday	
Lunch 11:00 AM - 12:00 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Richmond Senior Center	6221 Geary – 3 rd Floor
Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Dine-in only)</i>	
Ruth Brinker Meal Site	730 Polk St.
Hot Lunch 10:30 AM - 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Swords To Plowshares- Stanford	250 Kearny St
Lunch: 11:30 AM - 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Telegraph Hill Neighborhood Center	660 Lombard St.
Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Visitacion Valley	66 Raymond Ave.
Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	

The nutrition requirements for menu planning for the Community Nutrition Program are designed to meet the dietary guidelines for Americans 2020.

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

Breakfast Menu

Emily Hickey, UCSF Dietetic Intern at Project Open Hand

July 2025

Keeping Cool as a Cucumber

Not many foods are truly as cool as the cucumber...they are a versatile, tasty source of fiber, Vitamin A, K, and C. This fruit is low calorie and extremely hydrating due to the high-water content – perfect for keeping you well-hydrated during the hottest months of the year!



How can a cucumber benefit your health?

- Water and fiber in cucumbers promote good digestion and can prevent constipation (keep the peel on when you eat them!)
- The low glycemic index of this food is beneficial if you have diabetes to help manage blood sugar
- If you have a hard time drinking enough water during the day, snacking on cucumbers can help hydrate you (water intake is important for blood pressure, digestion, kidney function, memory, and regulating body temperature)



How can I eat a cucumber?

- Slice them and enjoy raw! They are great dipped in hummus, salsa, or yogurt dip.
- Blend them into a smoothie or juice.
- Cut them up and add to a sandwich, wrap, salad, or rice bowl.
- Pickle them – mix ½ cup white vinegar with ½ cup water.
- Add 1 Tablespoon sugar, 1 teaspoon salt, and optional black pepper, red pepper flakes, garlic, or herbs like dill. Mix well and add 1 thinly sliced cucumber. Let sit in the fridge for at least 12 hours, then add to salads, sandwiches, or eat as a delicious snack!



How do I store a cucumber?

- Wash, dry, and store your fresh cucumber in the fridge for up to a week
- Pickled cucumbers can last in the fridge up to 4 weeks

<https://health.clevelandclinic.org/benefits-of-cucumbers>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day visit us at www.openhand.org	Oatmeal w/ Berries 1 Sweet Potato Hash Turkey Sausage Raisins	Scallion Scrambled Eggs 2 Breakfast Succotash Brown Rice Apple	Chicken Congee 3 Hash Brown Whole Wheat Dinner Roll Margarine & Jelly Orange	Breakfast Fried 4 Brown Rice Sweet Potato Hash Apple
Tomato Egg Stir Fry 7 Roasted Root Vegetables Brown Rice Fruit Cup	Oatmeal w/ Berries 8 Turkey Sausage Roasted Sweet Potatoes Raisins	Scrambled Eggs 9 Sweet Potato Hash Whole Wheat Toast Margarine & Jelly Apple	Tofu Sesame Egg Bake 10 Hash Brown Whole Wheat Toast Margarine & Jelly Orange	Cinnamon Raisin 11 Oatmeal Turkey & Potato Hash Whole Wheat Toast Margarine & Jelly Apple
Egg White Patty 14 Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Fruit Cup	Oatmeal w/ Berries 15 Sweet Potato Hash Turkey Sausage Raisins	Scallion Scrambled Eggs 16 Breakfast Succotash Brown Rice Apple	Chicken Congee 17 Hash Brown Whole Wheat Dinner Roll Margarine & Jelly Orange	Breakfast Fried 18 Brown Rice Sweet Potato Hash Apple
Tomato Egg Stir Fry 21 Roasted Root Vegetables Brown Rice Fruit Cup	Oatmeal w/ Berries 22 Turkey Sausage Roasted Sweet Potatoes Raisins	Scrambled Eggs 23 Sweet Potato Hash Whole Wheat Toast Margarine & Jelly Apple	Tofu Sesame Egg Bake 24 Hash Brown Whole Wheat Toast Margarine & Jelly Orange	Cinnamon Raisin 25 Oatmeal Turkey & Potato Hash Whole Wheat Toast Margarine & Jelly Apple
Egg White Patty 28 Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Fruit Cup	Oatmeal w/ Berries 29 Sweet Potato Hash Turkey Sausage Raisins	Scallion Scrambled Eggs 30 Breakfast Succotash Brown Rice Apple	Chicken Congee 31 Hash Brown Whole Wheat Dinner Roll Margarine & Jelly Orange	<div>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.</div>

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
Madeline Timm, Registered Dietitian
Erika Wong, CNP 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!