

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.*

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

## Lunch 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>



# PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU JULY 2025

Nourish & engage our community by providing meals with love to the sick and the elderly.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>This Menu Is Subject To Change Without Notice.</b> <b>Milk Is Served Every Day</b> visit us at <a href="http://www.openhand.org">www.openhand.org</a>	Taco Salad <b>1</b> Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potatoes Cantaloupe	Macaroni Salad <b>2</b> Tomato & Cucumber Salsa Falafel Tzatziki Sauce Pita Bread Cantaloupe	Garden Salad <b>3</b> Avocado Herb Dressing Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts Orange	<i>4<sup>th</sup> of July Holiday Meal</i>  <b>4</b> Macaroni Salad Chicken Drumsticks Barbeque Sauce Corn & Tomato Salad Apple
Broccoli & Carrot Salad <b>7</b> Beef Stew with Barley Roasted Sweet Potatoes Fruit Cup	Garden Salad <b>8</b> Honey Mustard Dressing Chicken & Tofu Chop Suey Veggie Fried Brown Rice Cantaloupe	Three Bean Salad <b>9</b> Chicken with Broccoli & Cheddar Whole Wheat Rotini Cantaloupe	Garden Salad <b>10</b> Thousand Island Dressing Cod Filet Macanese Curry Herbed Bulgur Capri Mixed Vegetables Orange	Potato & Egg Salad <b>11</b> Baked Salmon Red Mole Sauce Quinoa & Brown Rice Garden Mixed Vegetables Apple
Cilantro Cabbage Slaw & Dressing <b>14</b> Beef Birria Brown Rice Carrots Fruit Cup	Quinoa Salad w/ Chickpeas <b>15</b> Chicken Thigh Chipotle Chili Gravy Mashed Sweet Potatoes Cantaloupe	Garden Salad <b>16</b> Caesar Dressing Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower Cantaloupe	Barley Salad <b>17</b> Baked Salmon Artichoke & Spinach Ragout Mashed Parsnips & Potatoes Orange	Taco Salad <b>18</b> Lemon Pepper Cod Filet Green Curry Sauce Quinoa & Brown Rice Carrots Apple
Garden Salad <b>21</b> Ranch Dressing Beef & Broccoli Sichuan Brown Rice Carrots Fruit Cup	Barley Salad <b>22</b> Chicken Thigh Tikka Masala Mashed Parsnips & Potatoes Cantaloupe	Garden Salad <b>23</b> Honey Mustard Dressing Smokey Chicken & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables Cantaloupe	Corn & Tomato Salad <b>24</b> Cod Filet Chimichurri Sauce Argentinean Vegetable Stew Whole Wheat Dinner Roll Orange	Garden Salad <b>25</b> Red Wine Vinegar Dressing Cod Filet Sweet & Sour Sauce Veggie Fried Brown Rice Apple
Garden Salad <b>28</b> Balsamic Dressing Beef Chili Colorado Brown Rice Broccoli & Cauliflower Fruit Cup	Cilantro Cabbage Slaw <b>29</b> Cilantro Cabbage Dressing Ginger-Soy Chicken w/ Vegetables Brown Rice Cantaloupe	Garden Salad <b>30</b> Caesar Dressing Pork & White Bean Chili Quinoa & Brown Rice Roasted Sweet Potatoes Cantaloupe	Garbanzo & Sweet Potato Salad <b>31</b> Baked Salmon Spinach & Lemon Herb Sauce Whole Wheat Rotini Broccoli 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. This will be indicated by a salt shaker on the menu for that day.

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!*