

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. 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.

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

**Aquatic Park	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
**Castro Senior Center	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
Curry Senior Center	333 Turk St.
Hot Breakfast 8:30-9:30AM Daily <i>(Takeout or dine-in)</i>	
Hot Lunch 10:30 AM -12:30 PM Daily	
**Downtown Senior Center	481 O’Farrell St.
Hot Breakfast 9:00-10:00AM Daily <i>(Takeout or dine-in)</i>	
Hot Lunch 11:00- 12:00 PM Daily	
**IT Bookman Community Center	446 Randolph St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
**Project Open Hand AWD Site only	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday <i>(Takeout or dine-in)</i>	
**Richmond Senior Center	6221 Geary – 3 rd Floor
5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm	
**Swords To Plowshares- Stanford	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily <i>(Takeout or dine-in)</i>	
**Telegraph Hill Neighborhood Center	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
**Visitacion Valley	66 Raymond Ave.
Hot Lunch 11:30 AM – 12:30 PM Daily <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 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

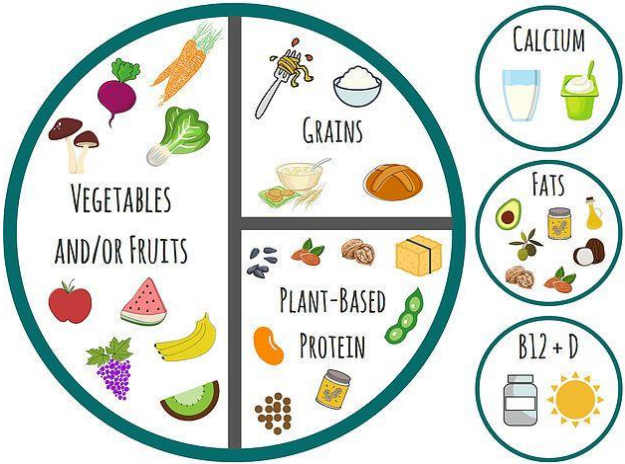
Fernanda Nunes, Registered Dietitian at Project Open Hand

June 2023

Benefits of a Plant- Based Diet

What is a Plant-Based Diet?

The term ‘plant-based diet’ refers to an eating pattern that is predominantly composed of minimally processed plant foods. This includes fruits, vegetables, nuts, seeds, whole grains, legumes, and beans. Eating a plant-based diet does not mean that you never eat meat, eggs, dairy or processed plant-foods. Rather, these options are included in moderation, while most of your food comes from whole plant sources. A plant-based diet may bring many health benefits, such as lower blood pressure, improved heart health, reduced blood cholesterol levels, prevention of type 2 diabetes, healthy weight maintenance, decreased the risk of certain cancers and overall longevity. Additionally, plant-based diets generally emit fewer greenhouse gases, and require significantly less energy, land and water use than eating patterns that include more animal products and processed foods. Thus, shifting towards plant-based eating mitigates one’s environmental footprint.



Frequently Asked Questions about a Plant-Based Diet:

What about Protein?

Tofu, tempeh, beans, nuts and seeds are all good sources. By including a variety of these foods, one can confidently meet their protein needs on a plant-based diet.

What about Iron?

Iron is important for healthy blood & optimal energy levels. Lentils, chickpeas, beans, tofu, tempeh, cashews, chia seeds, pumpkin seeds, figs, and raisins are all sources of plant iron. The iron in plants is better absorbed when combined with Vitamin C; consider adding lemon juice to your meals, or eating a fruit with your nuts and seeds for snacks!

What about Omega 3’s?

Omega 3’s promote brain and heart health. Walnuts, flaxseeds, chia seeds, hemp seeds, edamame, seaweed, and algae are all sources of plant-based Omega 3’s. If one continues to eat 1 – 2 servings of fatty fish per week, they will meet the recommended intake of Omega-3. If one does not eat fish or the plant sources, it may be beneficial to take a daily omega-3 supplement.

What about Vitamin B12?

Vitamin B12 is an essential nutrient for healthy nerves and blood. The only plant foods that contain this vitamin are fortified foods, such as breakfast cereals, plant milks, and nutritional yeast. All animal products contain Vitamin B12. If one choses to eat a strictly plant-based diet, taking a regular supplement is a safe way to prevent a deficiency.





PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU JUNE 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day	visit us at www.openhand.org		Potato & Egg Salad Chicken Spinach Stew Whole Wheat Rotini Spicy Green Beans Fruit of the Day	Garden Salad Italian Dressing Pork Loin Roasted Apples Quinoa Butternut Squash & Kale Fruit of the Day	Bean & Kale Salad Citrus Chicken Breast Wild Rice & Quinoa Marinated Veggie Mix Fruit of the Day	Garden Salad Avocado Herb Dressing Meatloaf Florentine Creamy Tomato Sauce Whole Wheat Rotini Marinated Garden Mixed Veg Fruit of the Day
Macaroni Salad Beef& Artichoke Ragout Whole Wheat Rotini Carrot & Green Beans Fruit of the Day	Broccoli & Carrot Salad Chicken Lentil Stew Brown Rice Carrots Fruit of the Day	Garden Salad Balsamic Dressing Blackened Pork Chop Red Mole Sauce Brown Rice Arroz Verde Veggie Mix Fruit of the Day	Pesto Pasta Salad Baked Salmon Caper Dill Sauce Brown Rice Veggie Mix Fruit of the Day	Barley Salad Garlic Herb Chicken Creamy Tomato Sauce Whole Wheat Rotini Marinated Brussel Sprouts & Carrots Fruit of the Day	Garden Salad Balsamic Dressing Turkey Chili Cheddar Grits Marinated Broccoli & Cauliflower Fruit of the Day	Tabbouleh Salad Chicken Tikka Masala Brown Rice Garden Mixed Vegetables Fruit of the Day
Black Bean & Corn Salad Chicken Thigh Salsa Verde Brown Rice Brussel Sprouts & Carrots Fruit of the Day	Garden Salad Italian Dressing Turkey Tetrazzini Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day	Sweet Potato Salad Pork Loin w/Rosemary Brown Rice Ratatouille Fruit of the Day	Garden Salad Italian Dressing Baked Salmon Wild Rice & Quinoa Artichokes & Parmesan Fruit of the Day	Broccoli & Carrot Salad Chicken Red Pozole Brown Rice Carrots Fruit of the Day	Macaroni Salad Beef Chili Quinoa Bean & Mushroom Mix Fruit of the Day	Garden Salad Italian Dressing Chicken Casserole Red Pepper Sauce Whole Wheat Rotini Fruit of the Day
Garden Salad Italian Dressing Turkey Picadillo Cuban Style Rice Cauliflower Fruit of the Day	Garden Salad Lemon Dressing Chicken Chili Brown Rice Pilaf Garden Mixed Vegetables Fruit of the Day	Broccoli & Carrot Salad Pork Loin Sherry Mushroom Sauce Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day	Roasted Sweet Potato Salad Blackened Salmon Black-eyed Peas & Peanut Sauce Bulgur Pilaf Garden Mixed Vegetables Fruit of the Day	Garden Salad Roasted Garlic Dressing Chicken & Mushroom Adobo Brown Rice w/ Okra Roasted Brussel Sprouts & Carrots Fruit of the Day	Garden Salad Lemon Dressing Beef & Lentil Ragout Marinara Sauce Whole Wheat Rotini Green Beans & Peppers Fruit of the Day	Barley Salad Mediterranean Turkey Burger with Zesty Tomato Sauce Piquillo Peppers & Tomato Grits Capri Mixed Veg Fruit of the Day
Garden Salad Lemon Dressing Hoisin Chicken Ginger Garlic Sauce Fried Brown Rice Carrots & Green Beans Fruit of the Day	Garden Salad Avocado Herb Dressing Turkey Beef Bolognese Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day	Garden Salad Russian Dressing Mustard Glazed Chicken Thigh Wheat Berry Pilaf Garbanzo & Veg Stew Fruit of the Day	Garbanzo Bean & Kale Salad Baked Salmon Red Pepper Sauce Wild Rice Tofu Sweet Potato Creole Hash Fruit of the Day	Potato & Egg Salad Beef Bourguignon Whole Wheat Rotini Brussel Sprouts & Carrots 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.

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!*