

Select sites are open for takeout or dine-in congregate meals.
Site information below is subject to change.

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 Hot Lunch 10:30 AM -12:30 PM Daily <i>(Takeout or dine-in)</i>	
Downtown Senior Center	481 O’Farrell St.
Hot Breakfast 9:00-10:00AM Daily Hot Lunch 11:00- 12:00 PM Daily <i>(Takeout or dine-in)</i>	
Richmond Senior Center	6221 Geary – 3 rd Floor
Hot Lunch 11:30am – 12:30pm (Monday through Friday <i>(dine-in only)</i>)	
Ruth Brinker Meal Site	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday <i>(Takeout or dine-in)</i>	
Ruth Brinker Takeout Center	730 Polk St. Takeout meals 1:00 – 4:00pm, Monday through Friday <i>(5 frozen meals including milk & fruit)</i>
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>	

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

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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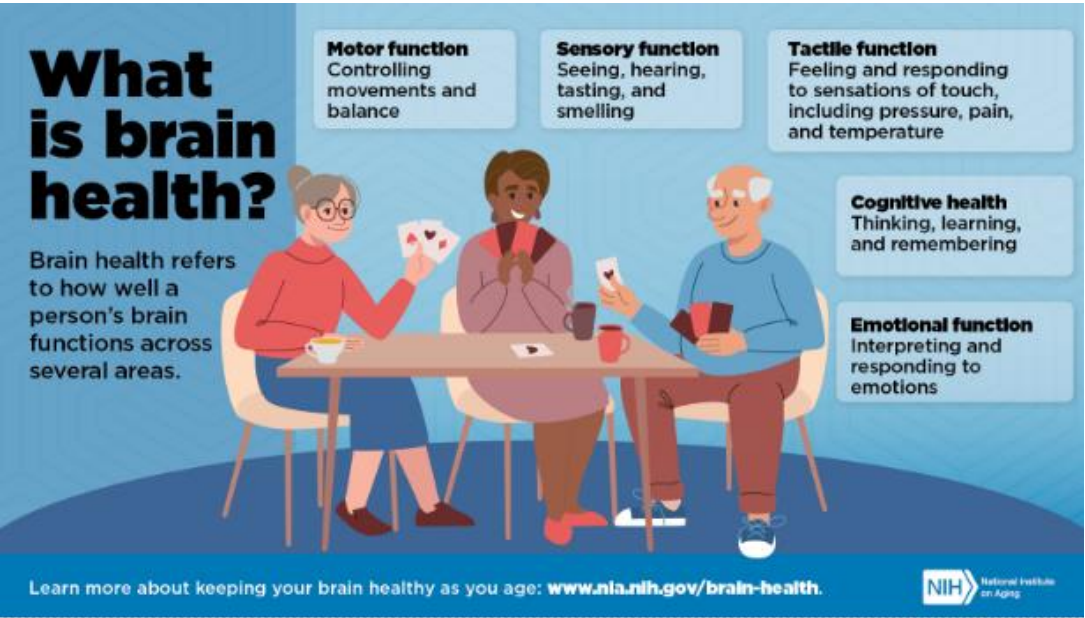
PROJECT OPEN HAND

Lunch Menu

Angela Y. Slagle, Nutrition Assistant at Project Open Hand

June 2025

Brain Health Awareness Month



As a person gets older, change occurs in all parts of the body, including the brain. Brain aging affects everyone, or every brain, differently.

What is brain health? The World Health Organization recently defined brain health as “the state of brain functioning across cognitive, sensory, social-emotional, behavioral, and motor domains, allowing a person to realize their full potential over their life course.”

Why does it matter? Our brains control everything we do - every breath we take, every emotion we feel, what we remember. Protecting brain health is important for us as individuals and society at large.

What can we do for brain health? It is well known that nutrition and physical activity are shown to prevent chronic disease. The combination of good nutrition, physical activity and mental and social engagement may provide benefit in promoting brain health.

- Additional suggestions:**
- Quit smoking, limit alcohol, manage blood pressure, socialize, learn a new skill, get enough quality sleep

According to the American Heart Association, what is good for the heart is also good for the brain. Make every bite count! In general, older adults have a lower calorie need but similar or increased nutrient needs compared to younger adults. A healthy, balanced diet consists of fruits and vegetables, whole grains, lean meats, fish & poultry, and low-fat or non-fat dairy products. Limit solid fats, sugar and salt. Be sure to drink enough water and other hydrating fluids.

Physical activity is an important part of healthy aging. The National Institute on Aging recommends at least 150 minutes per week of moderate- to vigorous-intensity physical activity.

Brain health is a very important component of overall wellness and aging. Small changes can add up - making them part of our routine can support brain function now and in the future.



Project Open Hand
40 years of meals with love

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>This Menu Is Subject To Change Without Notice. Milk Is Served Every Day visit us at www.openhand.org</div>						<div>Macaroni Salad 1 Cod Filet Jambalaya Stew Blackeyed Peas & Rice Fruit Cup</div>
<div>Broccoli & Carrot Salad 2 Beef Stew with Barley Roasted Sweet Potatoes Orange</div>	<div>Garden Salad 3 Honey Mustard Dressing Chicken & Tofu Chop Suey Veggie Fried Brown Rice Raisins</div>	<div>Three Bean Salad 4 Chicken with Broccoli & Cheddar Whole Wheat Rotini Pineapple</div>	<div>Garden Salad 5 Thousand Island Dressing Cod Filet Macanese Curry Herbed Bulgur Capri Mixed Vegetables Orange</div>	<div>Potato & Egg Salad 6 Chipotle Beef & Turkey Meatloaf Red Mole Sauce Quinoa & Brown Rice Garden Mixed Vegetables Apple</div>	<div>Garden Salad 7 Southwest Ranch Dressing Kung Pao Chicken & Tofu Brown Rice Cantaloupe</div>	<div>Cranberry, Apple, & Spinach Salad 8 Baked Salmon Broccoli Pesto Whole Wheat Rotini Carrots Fruit Cup</div>
<div>Cilantro Cabbage Slaw & Dressing9 Beef Birria Brown Rice Carrots Orange</div>	<div>Quinoa Salad w/ Chickpeas 10 Chicken Thigh Chipotle Chili Gravy Mashed Sweet Potatoes Broccoli Raisins</div>	<div>Garden Salad 11 Caesar Dressing Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower Pineapple</div>	<div>Barley Salad 12 Baked Salmon Mashed Parsnips & Potatoes Artichoke & Spinach Ragout Orange</div>	<div>Garden Salad 13 Lemon Dressing Pork & Turkey Patty Green Curry Sauce Quinoa & Brown Rice Carrots Apple</div>	<div>Taco Salad 14 Chicken Tinga Brown Rice Garden Vegetables Cantaloupe</div>	<div>Garden Salad 15 Honey Mustard Dressing Cod Filet Mushroom & Broccoli Ragout Whole Wheat Rotini Fruit Cup</div>
<div>Macaroni Salad 16 Beef Sichuan Brown Rice Carrots Orange</div>	<div>Barley Salad 17 Chicken Thigh Tikka Masala Mashed Parsnips & Potatoes Capri Mixed Vegetables Raisins</div>	<div>Garden Salad 18 Honey Mustard Dressing Smokey Chicken & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables Pineapple</div>	<div>Asparagus Bean Salad 19 Cod Filet Cilantro Herb Dressing Herbed Bulgur Cantaloupe Whole Wheat Dinner Roll</div>	<div>Potato & Egg Salad 20 Beef & Turkey Bolognese Whole Wheat Macaroni Broccoli Apple</div>	<div>Cilantro Cabbage Slaw & Dressing 21 Pork Pozole Verde Mashed Sweet Potatoes Whole Wheat Tortilla Cantaloupe</div>	<div>Garden Salad 22 Red Wine Vinegar Dressing Cod Filet Sweet & Sour Sauce Veggie Fried Brown Rice Fruit Cup</div>
<div>Garden Salad 23 Balsamic Dressing Beef Chili Colorado Brown Rice Broccoli & Cauliflower Orange</div>	<div>Taco Salad 24 Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potatoes Raisins</div>	<div>Garden Salad 25 Caesar Dressing Pork & White Bean Chili Quinoa & Brown Rice Roasted Sweet Potatoes Pineapple</div>	<div>Garbanzo & Sweet Potato Salad 26 Baked Salmon Spinach & Lemon Herb Sauce Whole Wheat Rotini Broccoli Orange</div>	<div>Barley Salad 27 Turkey Picadillo Mashed Potatoes Brussel Sprouts Apple</div>	<div>Greek Pasta Salad 28 Chicken Pomodoro Stew Polenta Garden Mixed Vegetables Cantaloupe</div>	<div>Broccoli & Carrot Salad 29 Cod Filet Tofu & Mushroom Adobo Quinoa, Edamame, & Greens Roasted Sweet Potatoes Fruit Cup</div>
<div>Garden Salad 30 Honey Mustard Dressing Beef Stroganoff Whole Wheat Rotini Broccoli Orange</div>	<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> <div>Community Nutrition Program</div> <div>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</div> <div>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.</div> <div>In the rare instance a menu has more than 1000 milligrams of sodium, it will be labeled a high sodium meal.</div> <div>Comments, Suggestions, Feedback?</div> <div>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.</div> <div><div>✓ You need to be 60 years of age or older to be eligible for our senior lunch program</div><div>✓ You need to be 18-59 to be eligible for the adults with disabilities program</div><div>✓ Bring picture ID for proof of age.</div><div>✓ 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.</div><div>✓ 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.</div><div>✓ Smiles are encouraged!</div></div>					