

COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals with proof of vaccination. 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, 1<sup>st</sup> 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.

Frozen Meal Tips from Chef Adrian: “Freezing is a safe way to increase the shelf life without losing the nutrients or benefits. Below are a few ideas on how to preserve the integrity of ingredients in our meals.”

- Allow your frozen meal to thaw in the refrigerator for a day (or up to 3 days) before microwaving. This allows the cooking time to be less and the vegetables won’t be overcooked.
- Remove the frozen vegetables from your still frozen meal prior to cooking the meal so that you can cook the components (protein, starch, veggies) for different lengths of time. Veggies can also be heated separately in a steamer rather than microwaved. Heat the meals in the oven or toaster oven. Preheat oven to 350 °F, transfer to an oven-proof dish and heat for 10-15 minutes.

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

<b>**Aquatic Park</b> Hot Lunch 11:30 AM -12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )		890 Beach St.
<b>**Castro Senior Center</b> Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )		110 Diamond St.
<b>Curry Senior Center</b> Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily		333 Turk St. ( <i>Takeout or dine-in with proof of vaccination</i> )
<b>**Downtown Senior Center</b> Hot Breakfast 9:00-10:00AM Daily Hot Lunch 11:00- 12:00 PM Daily		481 O’Farrell St. ( <i>Takeout or dine-in with proof of vaccination</i> )
<b>**IT Bookman Community Center</b> 5 Frozen meals distributed on Mondays 10:30am- 12:00pm		446 Randolph St
<b>**Project Open Hand AWD Site only</b> Hot Lunch 10:30-12:30 Monday through Friday		730 Polk St. ( <i>Takeout or dine-in with proof of vaccination</i> )
<b>**Richmond Senior Center</b> 5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm		6221 Geary – 3 <sup>rd</sup> Floor
<b>**Swords To Plowshares- Stanford</b> Hot Lunch: 11:30 AM-12:30 PM Daily ( <i>Takeout or dine-in with proof of vaccination</i> )		250 Kearny St
<b>**Telegraph Hill Neighborhood Center</b> Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )		660 Lombard St.
<b>**Visitation Valley</b> 7 Frozen meals distributed on Saturdays 10:30am- 12:00pm		66 Raymond Ave.

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

Kristi Friesen, Registered Dietitian at Project Open Hand

March 2023

National Nutrition Month

March is National Nutrition Month®! The theme this year is focused on Fuel for the Future. Small goals and changes can have a big impact on your health, and every little bit is a step in the right direction.

- **Eat with the environment in mind.**
  - Enjoy more Plant Based meals and snacks. Think about plant based foods you already enjoy like black bean soup, or peanut butter on wheat toast.
  - Choose foods in season and shop locally when possible. Try visiting a Farmers’ Market and talk directly to farmers to learn more.
  - Purchase foods with minimal packaging. Try shopping for a few items in bulk and bring a reusable container with you. And don’t forget your reusable shopping bags!
- **Stay nourished and save money.**
  - Plan your meals and snacks ahead of time. Plan at least one meal a few times a week to start.
  - Make a shopping list before you leave for the store, and see what food you have on hand and plan to use early in your week to reduce food waste.
  - Learn about community resources that may help with nutrition security like CalFresh, congregate meal programs, community gardens, and local food banks.
- **Make tasty and nutritious foods at home.**
  - Try a new cooking technique or recipe idea
  - Try new flavors and ingredients from around the world
  - Find creative ways to use leftovers rather than tossing them.



Visit [eatright.org](https://eatright.org) for more tips and ideas!



PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU MARCH 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<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>	Broccoli & Carrot Salad <b>1</b> <b>Pork Loin</b> <b>Sherry Mushroom Sauce</b> Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day	Roasted Sweet Potato Salad <b>2</b> Blackened Salmon <b>Black-eyed Peas &amp; Peanut Stew</b> Bulgur Pilaf Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>3</b> Roasted Garlic Dressing <b>Chicken &amp; Mushroom Adobo</b> Brown Rice w/ Okra Roasted Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>4</b> Lemon Dressing <b>Beef &amp; Lentil Ragout</b> Marinara Sauce Whole Wheat Rotini Green Beans & Peppers Fruit of the Day	Barley Salad <b>5</b> <b>Mediterranean Turkey Burger</b> <b>Zesty Tomato Sauce</b> Piquillo Peppers & Tomato Grits Capri Mixed Veg Fruit of the Day
Garden Salad <b>6</b> Lemon Dressing <b>Hoisin Chicken</b> <b>Ginger Garlic Sauce</b> Fried Brown Rice Carrots & Green Beans Fruit of the Day	Garden Salad <b>7</b> Avocado Herb Dressing <b>Turkey Beef Bolognese</b> Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day	Garden Salad <b>8</b> Russian Dressing <b>Mustard Glazed Chicken Thigh</b> Wheat Berry Pilaf Garbanzo & Veg Stew Fruit of the Day	Garbanzo Bean & Kale Salad <b>9</b> <b>Baked Salmon</b> <b>Red Pepper Sauce</b> Wild Rice Tofu Sweet Potato Creole Hash Fruit of the Day	Potato & Egg Salad <b>10</b> <b>Beef Bourguignon</b> Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>11</b> Southwest Ranch Dressing <b>Curried Pork Loin</b> Pumpkin Puree w/ Veg Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>12</b> Feta & Herb Dressing <b>Smokey Chicken Drumstick</b> Brown Rice Vegetarian Ranchero Stew Fruit of the Day
Garden Salad <b>13</b> Feta & Herb Dressing <b>Baharat Spiced Baked Chicken</b> Quinoa Moroccan Tagine Fruit of the Day	Barley Salad <b>14</b> <b>Beef Fricassee</b> Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>15</b> Balsamic Dressing <b>Chicken &amp; Rice Stew</b> Mashed Potatoes Sliced Carrots Fruit of the Day	Coleslaw <b>16</b> Peanut Satay Dressing <b>Chicken Thigh</b> Turmeric Brown Rice Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>17</b> Balsamic Dressing <b>Baked Salmon</b> <b>Creamy Dill Sauce</b> Brown Rice & Orzo Pilaf Brussel Sprouts & Carrots Fruit of the Day	Potato & Egg Salad <b>18</b> <b>Pork &amp; Chickpea Stew</b> Tomatillo Cream Sauce Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>19</b> Honey Mustard Dressing <b>Thai Turkey Tempeh Burger</b> <b>Thai Green Curry Veg Sauce</b> Quinoa Carrots & Green Beans Fruit of the Day
Garden Salad <b>20</b> Balsamic Dressing <b>Pork Loin w/ Artichoke &amp; Spinach Cream Sauce</b> Wild Rice & Quinoa Pilaf Garden Mixed Vegetables Fruit of the Day	Barley Salad <b>21</b> <b>Beef Stroganoff</b> Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>22</b> Ranch Dressing <b>Turkey Jambalaya</b> Brown Rice Garlic Herb Carrots Fruit of the Day	Garden Salad <b>23</b> Southwest Ranch Dressing <b>BBQ Chicken Drumstick</b> Quinoa Veggie Mix Fruit of the Day	Garden Salad <b>24</b> Balsamic Dressing <b>Baked Salmon</b> <b>Lentil &amp; Tomato Ragout</b> Quinoa Carrots Fruit of the Day	Garden Salad <b>25</b> French Dressing <b>Beef &amp; Turkey Meatballs</b> Creamy Tomato Sauce Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>26</b> Russian Dressing <b>Chicken &amp; Vegetable Casserole</b> Red Pepper Sauce Whole Wheat Rotini Fruit of the Day
Garden Salad <b>27</b> Italian Dressing <b>Chicken Breast</b> <b>Sweet Potato Chipotle Sauce</b> Brown Rice Corn w/Mushrooms & Greens Fruit of the Day	Garden Salad <b>28</b> Honey Mustard Dressing <b>Chicken Gumbo</b> Cheddar Grits Baby Carrots & Pearl Onions Fruit of the Day	Garden Salad <b>29</b> Garlic Dressing <b>Mongolian Beef</b> Brown Rice Veggie Mix Fruit of the Day	Garden Salad <b>30</b> Honey Mustard Dressing <b>Blackened Salmon</b> <b>Artichoke Cream Sauce</b> Brown Rice Vegetable Ragout Fruit of the Day	Garden Salad <b>31</b> Garlic Dressing <b>Pork &amp; Chickpea Stew</b> Wild Rice & Quinoa Garden Mixed Vegetables 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!*