

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. Weekly Meal Pickup (5 frozen meals including milk & fruit) 1:00 – 4:00pm, Monday through Friday <i>(An individual can pickup meals once per week)</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

Breakfast Menu

Erika Tribett, MPH at Project Open Hand

MAY 2025

Keep Your Bones Strong with Calcium and Vitamin D

Calcium and vitamin D are two nutrients that help keep our bones, heart and muscles healthy!

Calcium is like the “building block” for our bones and teeth. It helps them stay strong and sturdy. As we age, our bones can become weaker, so it’s extra important to get enough calcium. Without enough calcium, we may risk having weak bones that could break easily. You can get calcium from several foods:

- ☐ Milk or soymilk
- ☐ Plain yogurt
- ☐ Tofu (look for “calcium-set” tofu)
- ☐ Bok choy, mustard and collard greens
- ☐ Salmon and sardines, with bones
- ☐ Almonds and sesame seeds

How much calcium do we need each day?

Age Group	Recommended Dietary Amount
Adults	1,000 mg
Women over 51; Men over 71	1,200 mg

Vitamin D is like a helper for calcium. It helps your body absorb the calcium you eat and makes sure your bones get the strength they need. You can get Vitamin D from several foods:

- ☐ Fatty fish like salmon, mackerel or tuna
- ☐ Eggs, with yolk
- ☐ Fortified milk or soymilk
- ☐ Fortified orange juice

How much vitamin D do we need each day?

Age Group	Recommended Dietary Amount
Adults	600-800 IU (International Units)
Adults over 70	800-1,000 IU

Here are a few ideas that bring “yum!” to getting your daily calcium and vitamin D:

- ✓ Stir fry tofu with vegetables and sesame seeds
- ✓ Salmon cakes with cooked kale, sesame and lemon
- ✓ Soup of low-sodium broth with tofu, Bok choy and noodles
- ✓ Sardines with roasted vegetables or served on whole grain crackers
- ✓ Fortified soymilk or dairy milk in porridge or cereal
- ✓ Tofu or egg “scramble” with kale, mustard greens or turnip greens



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			Tofu Sesame Egg Bake Hash Brown Whole Wheat Toast Margarine & Jelly Orange	Cinnamon Raisin Oatmeal Turkey & Potato Hash Whole Wheat Bread Margarine & Jelly Apple	Scrambled Eggs Roasted Potatoes w/ Veg Whole Wheat English Muffin Margarine & Jelly Raisins	Breakfast Enchiladas Avocado Crema Sweet Potato Hash Fruit Cup
Egg White Patty Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange	Oatmeal w/ Berries Sweet Potato Hash Turkey Sausage Raisins	Scallion Scrambled Eggs Breakfast Succotash Brown Rice Pineapple	Chicken Congee Hash Brown Whole Wheat Dinner Roll Margarine & Jelly Orange	Breakfast Fried Brown Rice Sweet Potato Hash Apple	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Raisins	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Toast Margarine & Jelly Fruit Cup
Tomato Egg Stir Fry Roasted Root Vegetables Brown Rice Orange	Oatmeal w/ Berries Turkey Sausage Roasted Sweet Potatoes Raisins	Scrambled Eggs Sweet Potato Hash Whole Wheat Toast Margarine & Jelly Pineapple	Tofu Sesame Egg Bake Hash Brown Whole Wheat Toast Margarine & Jelly Orange	Cinnamon Raisin Oatmeal Turkey & Potato Hash Whole Wheat Bread Margarine & Jelly Apple	Scrambled Eggs Roasted Potatoes w/ Veg Whole Wheat English Muffin Margarine & Jelly Raisins	Breakfast Enchiladas Avocado Crema Sweet Potato Hash Fruit Cup
Egg White Patty Turkey Sausage Hash Brown Whole Wheat English Muffin Margarine & Jelly Orange	Oatmeal w/ Berries Sweet Potato Hash Turkey Sausage Orange	Scallion Scrambled Eggs Breakfast Succotash Brown Rice Raisins	Chicken Congee Hash Brown Whole Wheat Dinner Roll Margarine & Jelly Orange	Breakfast Fried Brown Rice Sweet Potato Hash Apple	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Raisins	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Toast Margarine & Jelly Raisins
Tomato Egg Stir Fry Roasted Root Vegetables Brown Rice Orange	Oatmeal w/ Berries Turkey Sausage Roasted Sweet Potatoes Raisins	Scrambled Eggs Sweet Potato Hash Whole Wheat Toast Margarine & Jelly Pineapple	Tofu Sesame Egg Bake Hash Brown Whole Wheat Toast Margarine & Jelly Orange	Cinnamon Raisin Oatmeal Turkey & Potato Hash Whole Wheat Bread Margarine & Jelly Apple	Scrambled Eggs Roasted Potatoes w/ Veg Whole Wheat English Muffin Margarine & Jelly Raisins	

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

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.

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!*