

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

<b>Aquatic Park</b>	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
<b>Castro Senior Center</b>	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
<b>**Curry Senior Center</b>	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>	
<b>Downtown Senior Center</b>	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>	
<b>Richmond Senior Center</b>	6221 Geary – 3 <sup>rd</sup> Floor
Hot Lunch 11:30am – 12:30pm (Monday through Friday <i>(dine-in only)</i> )	
<b>Ruth Brinker Meal Site</b>	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday <i>(Takeout or dine-in)</i>	
<b>Ruth Brinker Takeout Center</b>	730 Polk St. Takeout meals 1:00 – 4:00pm, Monday through Friday <i>(5 frozen meals including milk &amp; fruit)</i>
<b>Swords To Plowshares- Stanford</b>	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily <i>(Takeout or dine-in)</i>	
<b>Telegraph Hill Neighborhood Center</b>	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in)</i>	
<b>Visitacion Valley</b>	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

Erika Tribett, MPH at Project Open Hand

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
- ☐ Bok choy, mustard and collard greens
- ☐ Plain yogurt
- ☐ Salmon and sardines, with bones
- ☐ Tofu (look for “calcium-set” tofu)
- ☐ 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
- ☐ Fortified milk or soymilk
- ☐ Eggs, with yolk
- ☐ 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
<b>This Menu Is Subject To Change Without Notice. Milk Is Served Every Day</b>  visit us at <a href="http://www.openhand.org">www.openhand.org</a>			Garden Salad Thousand Island Dressing <b>Cod Filet</b> <b>Macanese Curry</b> Herbed Bulgur Capri Mixed Vegetables Orange	Potato & Egg Salad <b>Chipotle Beef &amp; Turkey Meatloaf</b> <b>Red Mole Sauce</b> Quinoa & Brown Rice Garden Mixed Vegetables Apple	Garden Salad Southwest Ranch Dressing <b>Kung Pao Chicken &amp; Tofu</b> Brown Rice Cantaloupe	Cranberry, Apple, & Spinach Salad <b>Baked Salmon</b> <b>Broccoli Pesto</b> Whole Wheat Rotini Carrots Fruit Cup
<b>Cilantro Cabbage Slaw &amp; Dressing 5</b> <b>Beef Birria</b> <b>Brown Rice</b> <b>Carrots</b> <b>Orange</b>	Quinoa Salad w/ Chickpeas <b>Chicken Thigh</b> <b>Chipotle Chili Gravy</b> Mashed Sweet Potatoes Broccoli Raisins	Garden Salad Caesar Dressing <b>Pork &amp; Chickpea Stew</b> Quinoa & Brown Rice Cauliflower Pineapple	Barley Salad <b>Baked Salmon</b> Mashed Parsnips & Potatoes Artichoke & Spinach Ragout Orange	Garden Salad Lemon Dressing <b>Pork &amp; Turkey Patty</b> <b>Green Curry Sauce</b> Quinoa & Brown Rice Carrots Apple	Taco Salad <b>Chicken Tinga</b> Brown Rice Garden Vegetables Cantaloupe	Garden Salad Honey Mustard Dressing <b>Cod Filet</b> <b>Mushroom &amp; Broccoli Ragout</b> <b>Whole Wheat Rotini</b> <b>Fruit Cup</b>
Macaroni Salad <b>Beef Sichuan</b> Brown Rice Carrots Orange	Barley Salad <b>Chicken Thigh</b> <b>Tikka Masala</b> Mashed Parsnips & Potatoes Capri Mixed Vegetables Raisins	Garden Salad Honey Mustard Dressing <b>Smokey Chicken &amp; Lentil Stew</b> Whole Wheat Rotini Garden Mixed Vegetables Pineapple	Corn & Tomato Salad <b>Cod Filet</b> <b>Chimichurri Sauce</b> <b>Argentinean Vegetable Stew</b> Brown Rice Orange	Potato & Egg Salad <b>Beef &amp; Turkey Bolognese</b> <b>Whole Wheat Macaroni</b> Broccoli Apple	Cilantro Cabbage Slaw & Dressing Pork Pozole Verde Mashed Sweet Potatoes Whole Wheat Tortilla Cantaloupe	Garden Salad Red Wine Vinegar Dressing <b>Cod Filet</b> <b>Sweet &amp; Sour Sauce</b> Veggie Fried Brown Rice Fruit Cup
<b>Garden Salad</b> <b>Balsamic Dressing</b> <b>Beef Chili Colorado</b> <b>Brown Rice</b> <b>Broccoli &amp; Cauliflower</b> <b>Orange</b>	Taco Salad <b>Chicken Thigh</b> <b>Salsa Verde</b> Brown Rice Roasted Sweet Potatoes Raisins	Garden Salad Caesar Dressing <b>Pork &amp; White Bean Chili</b> Quinoa & Brown Rice Roasted Sweet Potatoes Pineapple	Garbanzo & Sweet Potato Salad <b>Baked Salmon</b> Spinach & Lemon Herb Sauce Whole Wheat Rotini Broccoli Whole Wheat Dinner Roll Orange	Barley Salad <b>Turkey Picadillo</b> <b>Mashed Potatoes</b> <b>Brussel Sprouts</b> Apple	Greek Pasta Salad <b>Chicken Pomodoro Stew</b> Polenta Garden Mixed Vegetables Cantaloupe	Broccoli & Carrot Salad <b>Cod Filet</b> <b>Tofu &amp; Mushroom Adobo</b> Quinoa, Edamame, & Greens Roasted Sweet Potatoes Fruit Cup
Greek Pasta Salad <b>Chicken Salad</b> <b>Whole Wheat Hamburger Bun</b> <b>Mixed Greens</b> Orange	Cilantro Cabbage Slaw & Dressing <b>Ginger-Soy Chicken with Vegetables</b> Brown Rice Raisins	Roasted Vegetable Salad <b>Falafel</b> <b>Tzatziki Sauce</b> <b>Tomato &amp; Cucumber Salsa</b> Pita Bread Pineapple	Garden Salad Avocado Herb Dressing <b>Baked Salmon</b> <b>Orange Tofu &amp; Edamame</b> Brown Rice Brussel Sprouts Orange	<b>Garbanzo Bean &amp; Kale Salad</b> <b>Turkey Tetrazzini</b> <b>Whole Wheat Rotini</b> <b>Broccoli</b> <b>Apple</b>	Potato & Egg Salad <b>Chicken Fajita Stew</b> <b>Brown Rice</b> Carrots Cantaloupe	

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!*