

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>**Booker T. Washington</b> 5 Frozen lunch meals distributed on Wednesdays 10:30 am – 12:00pm	800 Presidio Ave
<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> Hot Lunch 11:30 AM – 12:30 PM Monday through Friday ( <i>Takeout or dine-in with proof of vaccination</i> )	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>**Telegraph Hill Neighborhood Center</b> 5 Frozen lunch meals distributed on Mondays 10:30am -12:00pm	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

September 2022

National Food Safety Awareness Month

### Keep it clean

Before you eat or handle food, wash your hands, food prep tools and surfaces.

### Cook to the right temperature

Use a food thermometer to check that foods are cooked to the right temperature:  
**165°F** for chicken and  
**160°F** for ground beef.

### Watch the clock

Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's **90°F** or warmer.

### Serve at the right temperature

Keep hot foods at **140°F** or warmer, and cold foods at **40°F** or colder.

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

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Older Adults have a higher risk of foodborne illness because as people age, their immune systems and organs don’t recognize and get rid of harmful germs as well as they once did. Younger people with weakened immune systems are also at higher risk than healthy adults. Know your risk level!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Garden Salad <b>1</b> Avocado Herb Dressing <b>Balsamic Chicken Drumstick</b> <b>Red Pepper Sauce</b> Wheat Berry Pilaf Green Beans Fruit of the Day	Romaine Salad <b>2</b> Roasted Garlic Dressing <b>Turkey Breast</b> <b>Red Mole Sauce</b> Mexican Brown Rice & Beans Eggplant & Tomatoes Fruit of the Day	Broccoli & Carrot Salad <b>3</b> <b>Blackened Salmon</b> <b>Dijon Sauce</b> Quinoa with Artichokes & Parmesan Garlic Herb Carrots Fruit of the Day	Garden Salad <b>4</b> Ranch Dressing <b>Chicken Thigh</b> <b>Cannellini Bean Cacciatore</b> Herbed Polenta & Ricotta Green Beans Fruit of the Day
Garden Salad <b>5</b> Lemon Dressing <b>Chicken &amp; White Bean Chili</b> Brown Rice Pilaf Garden Mixed Vegetables Fruit of the Day	Broccoli & Carrot Salad <b>6</b> Feta & Herb Dressing <b>Chicken Breast</b> Wild Rice Pilaf Corn w/ Mushrooms & Greens Fruit of the Day	Garden Salad <b>7</b> Red Wine Vinaigrette <b>BBQ Chicken Stew w/ Pineapple</b> Vegetable Fried Brown Rice Broccoli Fruit of the Day	Garden Salad <b>8</b> Honey Mustard Dressing <b>Moroccan Beef Stew</b> Brown Rice Pilaf Broccoli & Cauliflower Fruit of the Day	Garden Salad <b>9</b> Honey Mustard Dressing <b>Chicken Drumstick</b> <b>Lemon Caper Sauce</b> Brown Rice Pilaf Artichoke Provencal Ragout Fruit of the Day	Garden Salad & Roasted Garlic Dressing <b>10</b> <b>Turkey Meatloaf Florentine</b> Black Pepper Parmesan Sauce Butternut Squash Kale Quinoa Garden Mixed Vegetables Fruit of the Day	Potato Salad <b>11</b> <b>Baked Salmon</b> Chickpea Hummus Basil & Roasted Garlic Bulgur Caponata Vegetables Fruit of the Day
Corn Salad <b>12</b> <b>Chicken Breast</b> <b>Ginger BBQ Sauce</b> Turmeric Brown Rice Orange Tofu & Edamame Stir fry Fruit of the Day	Garden Salad <b>13</b> Italian Dressing <b>Chicken &amp; Vegetable Casserole</b> Red Pepper Sauce Whole Wheat Rotini Fruit of the Day	Garden Salad <b>14</b> Thousand Island Dressing <b>Baked Salmon</b> <b>Black Bean Sauce</b> Pineapple Brown Rice Capri Mixed Vegetables Fruit of the Day	Chopped Vegetable Salad <b>15</b> <b>Pork &amp; Chickpea Stew</b> Spanish Brown Rice Carrots & Green Beans Fruit of the Day	Garbanzo Bean & Kale Salad <b>16</b> <b>Beef Bourguignon</b> Butternut Squash Kale Quinoa Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>17</b> Lemon Dressing <b>Turkey Breast</b> <b>Mushroom &amp; Herb Sauce</b> Lemon & Garlic Wild Rice Peas & Carrots Fruit of the Day	Mixed Greens Salad <b>18</b> Ranch Dressing <b>Beef &amp; Turkey Meatballs</b> <b>Zesty Tomato Sauce</b> Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day
Garden Salad <b>19</b> Balsamic Dressing <b>White Fish Cakes</b> <b>Caper Dill Sauce</b> Quinoa w/ Feta & Chickpeas Brussel Sprouts Fruit of the Day	Pesto Pasta Salad <b>20</b> <b>Dijon Pork Cutlet</b> <b>Marsala Sauce</b> Brown Rice Pilaf Carrots & Green Beans Fruit of the Day	Cole Slaw <b>21</b> Honey Mustard Dressing <b>Smokey Chicken &amp; Lentil Stew</b> Baked Pasta with Greens Garlic Herb Carrots Fruit of the Day	Mixed Greens Salad <b>22</b> Honey Mustard Dressing <b>Mexican Spiced Chicken Thigh</b> Salsa Verde Brown Rice with Beans & Sweet Potatoes Spicy Green Beans Fruit of the Day	Garden Salad <b>23</b> Italian Dressing <b>Turkey Tetrazzini</b> Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day	Garden Salad <b>24</b> Honey Mustard Dressing <b>Beef Stroganoff</b> Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>25</b> French Dressing <b>Mediterranean Chicken &amp; Spinach Stew</b> Whole Wheat Rotini Paprika Herb Carrots Fruit of the Day
Macaroni Salad <b>26</b> <b>Garlic &amp; Herb Chicken Breast</b> Marinara Sauce Herbed Polenta Garlic Herb Carrots Fruit of the Day	Garden Salad <b>27</b> Italian Dressing <b>Turkey Picadillo</b> Cuban Style Yellow Rice Cauliflower Fruit of the Day	Mixed Green Salad <b>28</b> Thousand Island Dressing <b>Baked Salmon</b> <b>Veracruz Sauce</b> Cuban Style Yellow Rice Succotash Fruit of the Day	Roasted Sweet Potato Salad <b>29</b> <b>Chicken Thigh</b> <b>Paprikash Sauce</b> Whole Wheat Rotini Capri Mixed Vegetables Fruit of the Day	Potato & Egg Salad <b>30</b> <b>Chicken Tikka Masala</b> Biryani Brown Rice Garden Mixed Vegetables Fruit of the Day		<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>

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**  
**Raymond Chong, CNP Sites Manager**  
**Erika Wong, CNP Sites Manager**  
**Miriam Aguilar, CNP Assistant Manager**

The Community nutrition program is funded by: the Office on The Aging, 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!*