

COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals. Select sites are open to distribute frozen meals once a week to encourage shelter in place.

Clients can come to 730 Polk Street, 1st 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 415-447-2379 during the 1-4pm pick up window.

Site information below is subject to change.

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

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>	
IT Bookman Community Center	446 Randolph St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday <i>(Takeout or dine-in).</i> <i>This site is closed on the 4th Friday of every month.</i>	
Richmond Senior Center	6221 Geary – 3 rd Floor
5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm	
Ruth Brinker Meal Site	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday <i>(Takeout or dine-in)</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>	

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

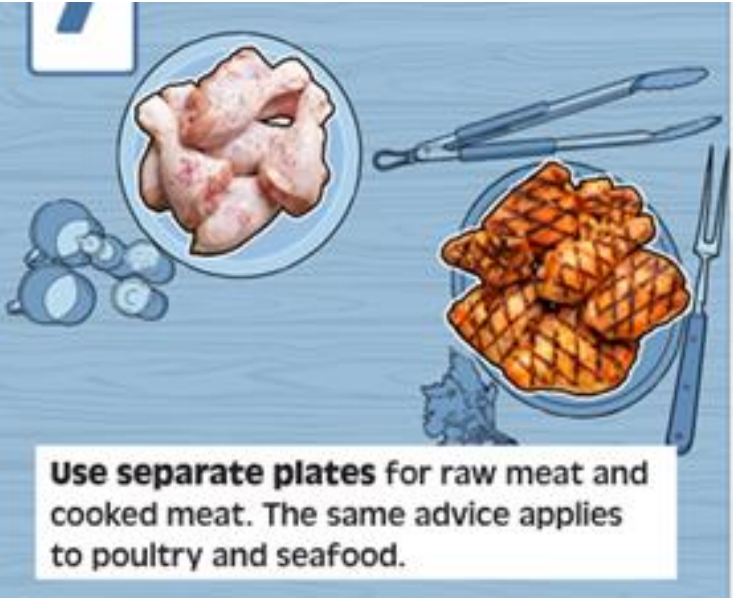
Kevin Liu, Registered Dietitian

September 2023

Food Safety Awareness Month

Food safety can be a loaded topic, so let us go over some context before delving into safe at-home food preparation. In general, the severe food-borne illnesses are more likely to arise from the contamination of foods before we obtain and cook them ourselves. These include items like ground beef, spinach, and romaine lettuce from our modern complicated supply chain that may undergo food recalls you hear about in the news. We should be more scared of complicated and untraceable supply chains and less scared of food we cooked that we may let sit out overnight. Having said that, here are some steps we can take at home to stay safe, especially if we are older or living with chronic diseases. Here are **eight recommendations** for safe at-home food preparation:

- 1.Store items in the fridge or freezer, as appropriate, upon returning from the grocery store.
- 2. In general, give produce items a rinse before cooking or eating.
- 3. Take care not to thaw raw meat at room temperature for over two hours to prevent the growth of food-borne bacteria; opt to thaw in the fridge or microwave for optimal safety.
- 4. Use one set of utensils and plates for raw meat or eggs and a separate set of utensil and plates for their cooked counterparts.
- 5. Fully reheat leftover food to 165 degrees Fahrenheit or higher before eating.
- 6. Be cautious of cooked food left out at room temperature for over 2 hours.
- 7. Do not simply throw away food past its “best by” date, as this date gives storage time for best quality *not* safety.
- 8. If unsure if food has spoiled, trust your senses and palates (or find someone you trust who does) and smell or taste a little bit of the food to inform you about whether it is edible or not.



Practice good food safety, to protect yourself and others!





PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU SEPTEMBER 2023

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

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			Quinoa Salad Turkey Meatloaf Sage Gravy Mashed Parsnips & Potatoes Garden Mixed Vegetables Fruit of the Day 1	Three Bean Salad Baked Salmon Artichoke Provencal Brown Rice Fruit of the Day 2	Garden Salad - Balsamic Smokey Chicken Stew Brussel Sprouts Whole Wheat Rotini Fruit of the Day 3
Black Bean & Corn Salad Chicken Thigh House Enchilada Sauce Cauliflower & Carrots Couscous & Quinoa Blend Fruit of the Day 4	Broccoli & Carrot Salad Beef Stroganoff Carrots Multi Grain Orzo Blend Fruit of the Day 5	Roasted Sweet Potato Salad Baked Salmon Mushroom & Herb Sauce Broccoli Brown Rice Fruit of the Day 6	Garden Salad- Southwest Ranch Turkey Chili Roasted Sweet Potatoes Brown Rice Fruit of the Day 7	Garbanzo, Tomato, & Cucumber Salad Mustard Glazed Chicken Thigh Veggie Ragout Multi Grain Orzo Blend Fruit of the Day 8	Garden Salad - Thousand Island Pork & Artichoke Stew Butternut Squash Brown Rice Fruit of the Day 9	Garden Salad - Feta Herb Garlic & Herb Chicken Breast Tomatillo Cream Sauce Carrots Multi Grain Orzo Blend Fruit of the Day 10
Garbanzo Bean & Kale Salad Turkey Meatloaf Florentine Creamy Tomato Sauce Broccoli & Carrots Whole Wheat Rotini Fruit of the Day 11	Garden Salad - Southwest Ranch Pork Mole Carrots Brown Rice Fruit of the Day 12	Roasted Sweet Potato Salad Balsamic Chicken Thigh Ratatouille Quinoa Brown Rice Fruit of the Day 13	Garden Salad - Ranch Turkey Tetrazzini Brussel Sprouts & Carrots Whole Wheat Rotini Fruit of the Day 14	Garden Salad - Avocado Herb Garlic Herb Salmon Sweet & Sour Sauce Barley & Vegetables Fruit of the Day 15	Garbanzo Bean & Kale Salad Beef Bolognese Broccoli Whole Wheat Rotini Fruit of the Day 16	Quinoa Salad Rosemary Chicken Thigh Mushroom Alfredo Sauce Brussel Sprouts & Carrots Whole Wheat Rotini Fruit of the Day 17
Taco Salad Chicken Chili Cauliflower Brown Rice Fruit of the Day 18	Garden Salad - French Beef & Turkey Meatloaf Marinara Sauce Cauliflower & Carrots Whole Wheat Rotini Fruit of the Day 19	Roasted Sweet Potato Pork & Chickpea Stew Garden Mixed Vegetables Brown Rice Fruit of the Day 20	Garden Salad - Avocado Herb Dressing Garlic & Herb Chicken Breast Smokey Eggplant Mushroom Sauce Garden Mixed Vegetables Whole Wheat Rotini Fruit of the Day 21	Tabbouleh Salad Baked Cod Dijon Sauce Lentil & Tomato Ragout Fruit of the Day 22	Garden Salad - Balsamic Chicken, Broccoli & Cheddar Casserole Root Vegetables Whole Wheat Rotini Fruit of the Day 23	Taco Salad Beef Fajita Stew Carrots Brown Rice Fruit of the Day 24
Corn & Tomato Salad Singapore Pork Curry Broccoli Sesame Brown Rice Fruit of the Day 25	Quinoa Salad Garlic & Herb Chicken Breast Marsala Sauce Broccoli & Carrots Mashed Potatoes Fruit of the Day 26	Broccoli & Carrot Salad Beef & Barley Stew Peas & Carrots Fruit of the Day 27	Garden Salad - French Cajun Turkey Meatball Zesty Tomato Sauce Carrots Cheddar Grits Fruit of the Day 28	Garden Salad Red Wine Vinaigrette Baked Cod Green Curry Sauce Root Vegetables Brown Rice Fruit of the Day 29	Potato & Egg Salad African Macanese Chicken Curry Green Beans & Peppers Herbed Bulgur Fruit of the Day 30	

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!*