

Weekend Breakfast Menu



Project Open Hand
meals with love



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

Curry Senior Center

333 Turk Street, 2nd
Floor
8:30-9:30 AM

Meals are served on a first
come, first served basis.

Served on:

Feb 14th-15th
Feb 28th-Mar 1st
March 14th-15th
March 28th-29th
April 11th-12th
April 25th-26th
May 9th-10th
May 23rd-24th
June 6th-7th
June 20th-21st
July 4th-5th
July 18th-19th
August 1st-2nd

SATURDAY

SUNDAY

<p>Yogurt Cup with Granola Hard-Boiled Eggs Whole-Wheat Roll with Jam & Margarine V8 Vegetable Juice Milk Applesauce Cup</p>	<p>Yogur on Granola Huevo Duro Pan Integral con Mermelada y Margarina Jugo V8 Leche Puré de Manzana</p>	<p>酸奶杯配燕麦片 煮鸡蛋 全麦圆面包配果酱和假黄油 V8蔬菜汁 牛奶 苹果酱杯</p>
<p>Blueberry Baked Oatmeal Slice Hard-Boiled Eggs V8 Vegetable Juice Milk Fruit Cup</p>	<p>Rebanada de Avena Horneada con Arándanos Huevo Duro Jugo V8 Leche Vaso de Fruta</p>	<p>蓝莓烤燕麦片 煮鸡蛋 V8蔬菜汁 牛奶 水果杯</p>

Community Nutrition Program

730 Polk St., San Francisco, CA 94109
Office Hours: M-F 8:00am-4:00pm
Phone: 415.447.2379
Email: cnp@openhand.org

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, and meal participants.

This menu is subject to change without notice.

If a menu has more than 1000 milligrams of sodium, it will be labeled a
high sodium meal, indicated by a salt shaker on the menu for that 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.

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Feb 21st-22nd
March 7th-8th
March 21st-22nd
April 4th-5th
April 18th-19th
May 2nd-3rd
May 16th-17th
May 30th-31st
June 13th-14th
June 27th-28th
July 11th-12th
July 25th-26th
August 8th-9th

SATURDAY

Mango Baked Oatmeal Slice
Hard-Boiled Eggs
V8 Vegetable Juice
Milk
Fruit Cup

Rebanado de Avena Horneada
con Mango
Huevo Duro
Jugo V8
Leche
Vaso de Fruta

芒果烤燕麦片
煮鸡蛋
V8蔬菜汁
牛奶
水果杯

SUNDAY

Yogurt Cup with Granola
Hard-Boiled Eggs
Whole-Wheat Roll with Jam &
Margarine
V8 Vegetable Juice
Milk
Applesauce Cup

Yogur on Granola
Huevo Duro
Pan Integral con Mermelada y
Margarina
Jugo V8
Leche
Puré de Manzana

酸奶杯配燕麦片
煮鸡蛋
全麦圆面包配果酱和假黄油
V8蔬菜汁
牛奶
苹果酱杯

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