

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.
Takeout meals 1:00 – 4:00pm, Monday through Friday <i>(5 frozen meals including milk & fruit)</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)

Stay connected with Project Open Hand:



facebook.com/ProjectOpenHand
 instagram.com/ProjectOpenHand

PROJECT OPEN HAND

Lunch Menu

Cecelia Cruz, Registered Dietitian at Project Open Hand

FEBRUARY 2025

Love Your Heart: A Year-Round Commitment to Health!

Did you know that heart disease is the leading cause of death for men and women in the United States? Some risk factors include high blood pressure, high cholesterol, smoking and diabetes. Small changes in your daily habits can help protect your heart and improve your overall health.



Try these heart-friendly choices:

- **Oats** are rich in soluble fiber, which helps reduce LDL cholesterol, a major contributor to heart disease.
- **Salmon** is packed with omega-3 fatty acids, which reduce inflammation and helps lower triglycerides.
- **Fruits and Veggies** are high in vitamins, minerals, and antioxidants that support healthy blood pressure and protect against damage to heart cells.
- **Nuts** are a heart-healthy option providing protein, unsaturated fats and fiber.
- **Drink Water!** Water helps maintain the right thickness of your blood, making it easier for your heart to pump. It also supports healthy blood pressure and helps flush out excess sodium that can strain your heart.

Move Your Body! Being active keeps your heart pumping strong. You don't have to run a marathon — try a walk around the block or dancing in your living room for 10-15 minutes a day. Every little bit helps!

Quick Tips for February:

- Check food labels for **sodium**. Look for foods with less than 140 mg of sodium per serving. For example, if you're choosing canned soup, look for one labeled "low sodium" or check the label to make sure the sodium is 140 mg or less.
- **Use less butter** when cooking. Small changes add up!



Please note: Some medical conditions may require you to follow a fluid restriction. If you are not sure whether you should be following a restriction, please talk to your medical provider.



Project Open Hand
 meals with love



PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU FEBRUARY 2025

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			1 Garden Salad Russian Dressing Pork, White Bean & Artichoke Stew Mashed Sweet Potato Whole Wheat Roll Orange	2 Garden Salad Garlic Dressing Garlic & Ginger Chicken Breast Sweet & Sour Sauce Vegetable Fried Rice Raisins
3 Garden Salad Balsamic Dressing Beef Chili Colorado Brown Rice Broccoli & Cauliflower Orange	4 Taco Salad Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potato Raisins	5 Garden Salad Caesar Dressing Pork & White Bean Chili Quinoa & Brown Rice Roasted Sweet Potatoes Apple	6 Garbanzo Sweet Potato Salad Baked Salmon Spinach & Herb Sauce Whole Wheat Rotini Broccoli Pineapple	7 Barley Salad Turkey Meatloaf Roasted Eggplant & Mushroom Sauce Mashed Potatoes Peas & Carrots Apple	8 Greek Pasta Salad Chicken Pomodoro Polenta Garden Mixed Vegetables Orange	9 Broccoli & Carrot Salad Garlic Herb Chicken Breast Creamy Basil Sauce Barley w/ Mushrooms Roasted Sweet Potatoes Raisins
10 Garden Salad Honey Mustard Dressing Beef Stroganoff Whole Wheat Rotini Broccoli Orange	11 Caesar Salad Yogurt Herb Chicken Brown Rice Bean & Spinach Ragout Raisins	12 Quinoa Salad Pork Mole Mashed Parsnips Broccoli Apple	13 Garden Salad Avocado Herb Dressing Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts Pineapple	14 Bean & Kale Salad Turkey Tetrazzini Whole Wheat Rotini Broccoli Apple	15 Potato & Egg Salad Chicken Fajita Stew Brown Rice Carrots Orange	16 Macaroni Salad Garlic Chicken Breast Mushroom Sage Gravy Mashed Potatoes Brussel Sprouts Raisins
17 Roasted Vegetable Salad Tomato & Cucumber Salsa Falafel Tzatziki Sauce Pita Bread Pineapple	18 Mixed Greens Salad Ranch Dressing Mustard Chicken Thigh Brown Rice Veggies Ragout Raisins	19 Three Bean Salad Chicken, Broccoli, & Cheddar Stew Whole Wheat Rotini Apple	20 Garden Salad 1000 island Dressing Baked Cod Macanese Curry Herbed Bulgur Capri Mixed Vegetables Pineapple	21 Potato Egg Salad Chipotle Beef & Turkey Meatloaf Red Mole Sauce Quinoa & Brown Rice Garden Mixed Vegetables Apple	22 Garden Salad Southwest Ranch Dressing Pork & Barley Stew Carrots Orange	23 Cran-Apple Spinach Salad Balsamic Chicken Breast Broccoli Pesto Sauce Whole Wheat Rotini Carrots Raisins
24 Cilantro Cabbage Slaw Beef Birria Brown Rice Carrots Orange	25 Quinoa Salad w/ Chickpeas Chicken Thigh Chipotle Chili Gravy Mashed Sweet Potatoes Broccoli Raisins	26 Garden Salad Caesar Dressing Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower Apple	27 Barley Salad Baked Salmon Mashed Parsnips Artichoke & Spinach Ragout Pineapple	28 Garden Salad Lemon Dressing Pork & Turkey Patty Green Curry Sauce Quinoa & Brown Rice Carrots Apple		

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 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!