

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)

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PROJECT OPEN HAND

Lunch Menu

Angela Y. Slagle, Nutrition Assistant at Project Open Hand

January 2025

Water: Essential to life

You lose water everyday through urine, bowel movement, sweat and breath. Water loss can increase from little fluid consumption, fever, vomiting, diarrhea, and certain medications.

You must continually replace your body's water supply. Your body tells you to drink by making your mouth dry and feel thirsty. Sometimes your signals get mixed up - you think you are hungry when you are actually thirsty. As you age, you may forget to drink water throughout the day, and you don't feel thirsty – your sense of thirst decreases. When water loss is greater than your intake, your body becomes dehydrated.

Dehydration can affect your whole body. It can make you feel headache, tired, weak, dizzy, irritable, confused, and cause digestive issues. It can also result in constipation, kidney stones, and urinary tract infections.

How much water should you drink every day? It's a simple question but not any easy answer. The generally accepted belief is eight - 8 oz glasses of water a day. This may be suitable for some but is not a one-size-fits-all recommendation. Recommendations for water intake in adults will depend on gender, age, and activity level. Per the Academy of Nutrition and Dietetics, a good goal is 13 cups for men and 9 cups for women. Food also contributes to your water intake. Eating a diet high in vegetables and fruit can account for 20% of your fluid requirements.

Tips to drink more water daily:

- Start your day by drinking a cup of water as soon as you wake up – before your coffee or tea.
- Bring a refillable water bottle wherever you go.
- Set goals for yourself – track your progress.
- Plain water can be a little boring. Add lemon, lime or other fruit to flavor water.
- Replace sugary drinks with water to avoid empty calories.



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



SAN FRANCISCO HUMAN SERVICES AGENCY
 Department of Disability
 and Aging Services

PROJECT OPEN HAND COMMUNITY NUTRITION PROGRAM MENU JANUARY 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	Caesar Salad 1 Pork & White Bean Chili Quinoa & Brown Rice Roasted Sweet Potatoes Apple	Pomegranate & Pear Salad 2 Glazed Salmon Sweet & Sour Sauce Black-Eyed Peas & Rice Whole Wheat Dinner Roll Pineapple	Barley Salad 3 Turkey Meatloaf Roasted Eggplant & Mushroom Sauce Mashed Potatoes Peas & Carrots Apple	Greek Pasta Salad 4 Chicken Pomodoro Polenta Garden Mixed Vegetables Orange	Broccoli & Carrot Salad 5 Garlic Chicken Breast Creamy Basil Sauce Barley with Mushrooms Roasted Sweet Potatoes Raisins		
		Garden Salad 6 Honey Mustard Dressing Beef Stroganoff Whole What Rotini Broccoli Orange	Caesar Salad 7 Yogurt Herb Chicken Brown Rice Bean & Spinach Ragout Raisins	Quinoa Salad 8 Pork Mole Mashed Parsnips Broccoli Apple	Garden Salad 9 Avocado Herb Dressing Baked Salmon Orange Tofu & Edamame Brown Rice Brussel Sprouts Pineapple	Bean & Kale Salad 10 Turkey Tetrazzini Whole Wheat Rotini Broccoli Apple	Potato & Egg Salad 11 Chicken Fajita Stew Brown Rice Carrots Orange	Macaroni Salad 12 Garlic Chicken Breast Mushroom Sage Gravy Mashed Potatoes Brussel Sprouts Raisins
		Broccoli Carrot Salad 13 Beef & Barley Stew Sweet Potatoes Orange	Mixed Greens Salad 14 Ranch Dressing Mustard Chicken Thigh Brown Rice Veggies Ragout Raisins	Three Bean Salad 15 Chicken, Broccoli, & Cheddar Stew Whole Wheat Rotini Apple	Garden Salad 16 1000 island Dressing Baked Cod Macanese Curry Herbed Bulgur Capri Mixed Vegetables Pineapple	Potato Egg Salad 17 Chipotle Beef & Turkey Meatloaf Red Mole Sauce Quinoa & Brown Rice Garden Mixed Vegetables Apple	Garden Salad 18 Southwest Ranch Dressing Pork & Barley Stew Carrots Orange	Cran-Apple Spinach 19 Salad Balsamic Chicken Breast Broccoli Pesto Sauce Whole Wheat Rotini Carrots Raisins
		Cilantro Cabbage Slaw 20 Beef Birria Brown Rice Carrots Orange	Quinoa Salad w/ Chickpeas 21 Chicken Thigh Chipotle Chili Gravy Mashed Sweet Potatoes Broccoli Raisins	Garden Salad 22 Caesar Dressing Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower Apple	Barley Salad 23 Baked Salmon Mashed Parsnips Artichoke & Spinach Ragout Pineapple	Garden Salad 24 Lemon Dressing Pork & Turkey Patty Green Curry Sauce Quinoa & Brown Rice Carrots Apple	Taco Salad 25 Chicken Tinga Brown Rice Garden Vegetables Orange	Garden Salad 26 Ranch Dressing Yogurt Herb Chicken Breast Tomato Caper Sauce Barley & Vegetables Raisins
		Macaroni Salad 27 Beef & Broccoli Brown Rice Carrots Orange	Barley Salad 28 Cumin Spiced Chicken Thigh Tikka Masala Mashed Parsnips & Potatoes Capri Mixed Vegetables Raisins	Garden Salad 29 Honey Mustard Dressing Chicken & Lentil Stew Whole Wheat Rotini Garden Mixed Vegetables Apple	Corn & Tomato Salad 30 Baked Cod Chimichurri Sauce Brown Rice Lentil Tomato Ragout Pineapple	Potato & Egg Salad 31 Beef & Turkey Bolognese Whole Wheat Macaroni Broccoli 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!