

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 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

Ryan Farquhar, Registered Dietitian at Project Open Hand

October 2024

Using all Pieces of Produce: Save Money, Stop Waste

One of the most pressing issues in the kitchen is food waste as about 120 billion pounds of food is wasted a year. For this month, the Nutrition Team at Project Open Hand wants to share some tips to reduce food waste and save grocery money!

Economic Benefits

Using all parts of produce can lead to cost savings as using every part reduces the need to buy additional ingredients. For instance, beet greens, often discarded, can be sautéed or added to soups and salads. Similarly, carrot tops can be used as a base to make pesto sauce for pasta. By making the most out of every part of your produce, you can stretch your grocery budget further.

Culinary Creativity

By using all parts of produce, you can experiment with new recipes. For example, potato peels can be transformed into crispy chips, and overripe fruits can be baked into delicious breads or muffins. This practice not only helps in reducing waste but also allows you to try new things with items you may have once thrown away. Exploring recipes that incorporate less commonly used parts of vegetables can be a fun and rewarding experience.

Nutritional Value

Some of the produce parts we discard are also rich in nutrients. Beet greens are packed with vitamins A, C, and K, as well as minerals like calcium and iron. Similarly, cauliflower leaves are high in fiber and antioxidants. By adding these parts into our diets, we can enhance our nutrition and make the most of the food we buy.

Practical Tips for Reducing Waste

- Plan Meals: Create weekly meal plans that utilize various parts of the product. For example, plan to use green onion leaves to add on top of noodles for a mild onion flavor while adding the green onion bulbs to another dish like stir fry that needs a stronger flavor.
- Storage Solutions: Make sure to store items in the fridge or on the counter appropriately to prevent over ripening. Items that are getting overly ripe can be frozen to preserve the food. You can also store vegetable or meat scraps in the freezer until you have enough to make a broth or soup.
- Recipe Exploration: Look for recipes designed to use veggie scraps or less common parts of produce. For example, you can also use overripe banana peels in your banana bread if you want a stronger banana flavor.
- Composting: If you cannot use all parts of your produce, consider adding the items to a composting bin so the food will be used to make better soil for growing more food.

By adopting these practices, you can make a big impact on reducing food waste!



If you are carving pumpkins this Halloween, try cooking with the pumpkin seeds!



Project Open Hand
 meals with love

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Mixed Greens Salad 1 Ranch Dressing Mustard Chicken Thigh Brown Rice Veggies Ragout Applesauce	Three Bean Salad 2 Chicken, Broccoli, & Cheddar Stew Whole Wheat Rotini Banana	Garden Salad 3 1000 island Dressing Baked Cod Macanese Curry Herbed Bulgur Orange	Potato Egg Salad 4 Chipotle Beef & Turkey Meatloaf Red Mole Sauce Quinoa & Brown Rice Garden Mixed Vegetables Banana	Garden Salad 5 Southwest Ranch Dressing Pork & Barley Stew Carrots Orange	Broccoli Carrot Salad 6 Balsamic Chicken Breast Alfredo Sauce Whole Wheat Rotini Root Vegetables Fruit Cup
Garden Salad 7 Avocado Herb Dressing Beef Birria Brown Rice Carrots Orange	Quinoa Salad w/ Chickpeas 8 Chicken Thigh Marinara Sauce Whole Wheat Rotini Garden Vegetables Applesauce	Garden Salad 9 Caesar Dressing Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower Banana	Garden Salad 10 Lemon Dressing Garlic Herb Salmon Whole Wheat Rotini Artichoke & Spinach Ragout Orange	Corn & Tomato Salad 11 Turkey Patty Green Curry Sauce Quinoa & Brown Rice Root Vegetables Banana	Taco Salad 12 Chicken Tinga Brown Rice Garden Vegetables Orange	Garden Salad 13 Ranch Dressing Garlic & Herb Chicken Breast Cacciatore Sauce Barley & Vegetables Fruit Cup
Macaroni Salad 14 Beef Stew Brown Rice Broccoli Orange	Garden Salad 15 Honey Mustard Dressing Cumin Spiced Chicken Thigh Tikka Masala Quinoa & Brown Rice Carrots Applesauce	Barley Salad 16 Smokey Chicken & Lentil Stew Mashed Parsnips & Sweet Potatoes Garden Vegetables Banana	Garden Salad 17 Avocado Herb Dressing Baked Cod Dijon Sauce Brown Rice Tomato & Lentil Ragout Orange	Sweet Potato Salad 18 Turkey Goulash Polenta Broccoli Banana	Garden Salad 19 Russian Dressing Pork, White Bean & Artichoke Stew Brown Rice Carrots Orange	Quinoa Salad w/ Feta & Chickpeas 20 Garlic & Herb Chicken Breast Mushroom Sage Gravy Mashed Parsnips & Sweet Potatoes Fruit Cup
Garden Salad 21 Balsamic Dressing Beef & Lentil Ragout Whole Wheat Rotini Garden Vegetables Orange	Taco Salad 22 Chicken Thigh Salsa Verde Brown Rice Sweet potatoes Applesauce	Garden Salad 23 Caesar Dressing Pork Chili Quinoa & Brown Rice Root Vegetables Banana	Garbanzo & Sweet Potato Salad 24 Salad Baked Salmon Paprikash Sauce Whole Wheat Rotini Broccoli Orange	Garden Salad 25 Italian Dressing Turkey Meatloaf Eggplant Mushroom Sauce Herbed Bulgur Peas & Carrots Banana	Greek Pasta Salad 26 Chicken Pomodoro Stew Polenta Garden Vegetables Orange	Garden Salad 27 Ranch Dressing Garlic & Herb Chicken Breast Creamy Basil Sauce Barley & Mushroom Capri Vegetables Fruit Cup
Garden Salad 28 Honey Mustard Dressing Beef Stroganoff Whole Wheat Rotini Broccoli Orange	Garden Salad 29 Caesar Dressing Baked Chicken Thigh Brown Rice White Bean Spinach Applesauce	Sweet Potato Salad 30 Pork & Black Bean Mole Quinoa Broccoli Banana	Cranberry Spinach Salad 31 Baked Tiliapia Brazilian Coconut Sauce Brown Rice Roasted Potatoes w/ Veggies Cantaloupe Happy Halloween!		visit us at www.openhand.org	This Menu Is Subject To Change Without Notice. Milk Is Served Every 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.

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!