

Meals are served on a first come, first served basis. Site information is subject to change.

| LOCATION | LUNCH <i>Mon-Fri only</i> | BREAKFAST |
|--|--|---|
| Aquatic Park 890 Beach Street | 11:30 AM – 12:30 PM Dine-in only | — |
| Castro Senior Center 110 Diamond Street | 11:30 AM – 12:30 PM Dine-in only | — |
| Curry Senior Center 333 Turk Street - 2 nd Floor | 11:00 AM – 12:30 PM Dine-in and ages 60+ only | 8:30 AM – 9:30 AM Dine-in or takeout Daily |
| Downtown Senior Center 481 O'Farrell Street | 11:00 AM – 12:00 PM | 9:00 AM – 10:00 AM Dine-in or takeout Monday - Friday |
| Excelsior Community Center 4468 Mission Street | 11:30 AM – 12:30 PM Dine-in only | — |
| Richmond Senior Center 6221 Geary Street – 3 rd Floor | 11:30 AM – 12:30 PM Dine-in only | — |
| Ruth Brinker Meal Site 771 Ellis Street | 10:30 AM – 12:30 PM Dine-in only | — |
| Swords To Plowshares – Stanford 250 Kearny Street | 11:30 AM – 12:30 PM Dine-in only | — |
| Telegraph Hill Neighborhood Center 660 Lombard Street | 11:30 AM – 12:30 PM | — |
| Visitacion Valley 66 Raymond Avenue | 11:30 AM – 12:30 PM | — |

Comments, Suggestions, Feedback?

We would love to hear from you! Please fill out a comment card when you dine with us and drop it into the collection box.

**STAY CONNECTED
WITH PROJECT
OPEN HAND:**



@ProjectOpenHand

Project Open Hand LUNCH MENU

By Kristi Frieseb, Registered Dietitian at Project Open Hand

MAY
2026

Keep Your Bones Strong with Calcium and Vitamin D

Calcium and Vitamin D are important at every age. They work together to help keep your bones healthy and strong. Your bones store most of the calcium in your body. However, to get the calcium from your diet into your bones, you need vitamin D. Calcium and vitamin D are also important for keeping your heart healthy, protecting your immune system, and maintaining nerve function.

Vitamin D is known as the “sunshine vitamin,” because your body can make vitamin D when your skin is exposed to sunlight. However, since we’re often bundled up in cloudy San Francisco, many residents may not make enough vitamin D from the sun. Your doctor can tell you if you need to get more vitamin D.

How much is needed? The Recommended Daily Allowance (RDA):

| If you are: | Vitamin D | If you are: | Calcium |
|---------------------|------------------------------|-----------------------------------|---------|
| Adults 70 and under | 600 International Units (IU) | Female 19-50 OR Male 19-70 | 1000 mg |
| Adults over 70 | 800 IU (more needed!) | Female over 50 OR Male over 70 | 1200 mg |

What are good sources?

| Vitamin D Foods | Amount (IU) | Calcium Foods | Amount (mg) |
|--|------------------|---------------------------|-------------|
| 3 ounces salmon | 390-450 | 1 cup milk | 300 |
| 3 ounces canned tuna | 200 | 1 cup raw leafy greens | 120 |
| 2 eggs (with yolks) | 80 | ½ cup cooked leafy greens | 120 |
| 1 cup vitamin D fortified milk | 120 | 3 ounces salmon | 200 |
| Vitamin D fortified foods (cereal, juice, milk products) | Check the label! | 3 ounces firm tofu | 250 |



Pay attention to your food sources of these important nutrients and be sure you get enough every day!

May 2026



Project Open Hand
meals with love



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | | | | Beef & Turkey Bolognese 1 Garden Salad w/ Red Wine Vinegar Whole Wheat Rotini Tangerine |
| Beef Chili 4 Garden Salad w/ Balsamic Brown Rice Roasted Sweet Potatoes Fruit Cup | Five Spice Chicken Thigh 5 Pasta Salad White Rice Asian Veg Sichuan Stir Fry Apple | Pork & White Bean Chili 6 Garden Salad w/ Caesar Quinoa & Roasted Sweet Potatoes Brown Rice Orange | Baked Salmon 7 w/ Spinach & Lemon Sauce Corn & Tomato Salad Whole Wheat Dinner Roll Broccoli Mashed Potatoes Orange | Cod Filet 8 Asparagus Bean Salad w/ Lemon Dressing Brown Rice Tangerine Vegetable Primavera |
| Beef Stroganoff 11 Chicory Salad with Citrus Mashed Parsnips & Potatoes Peas & Carrots Whole-Wheat Fruit Cup Dinner Roll | Chicken Thigh w/ Gravy 12 Macaroni Salad Mashed Sweet Potatoes Apple Broccoli | Chicken Drumsticks w/ Dijon 13 Garden Salad w/ Feta Herb Wild Rice Pilaf Orange | Baked Salmon 14 Roasted Sweet Potato w/ Creamy Honey Mustard Sweet & Sour Vegetables Orange Brown Rice | Lemon Pepper Cod 15 Garden Salad w/ Caesar Ratatouille Quinoa & Brown Rice Avocado Crema Tangerine |
| Beef Stew w/ Herbs 18 Garden Salad w/ Balsamic Mashed Parsnips Whole Wheat Dinner & Potatoes Fruit Cup | Chicken w/ Snow Peas 19 Pasta Salad White Rice w/ Apple Herbs | Chicken, Asparagus & Cheddar 20 Broccoli & Carrot Salad Brown Rice Orange | Cod Filet 21 Three Bean Salad Coconut Curry Vegetables Orange Brown Rice | Baked Salmon w/ Salsa Verde 22 Garden Salad w/ Thousand Garden Mixed Quinoa & Brown Rice Vegetables Tangerine |
| BBQ Chicken Drumstick 25 Garden Salad w/ Avocado Herb Baked Macaroni & Cheese Corn Cantaloupe | Hoisin Chicken Thigh 26 Garden Salad w/Italian Kimchi Brown Rice Broccoli Onion Gravy Apple | Pork & Chickpea Stew 27 Garden Salad w/ Caesar Quinoa & Brown Rice Orange Cauliflower | Baked Salmon 28 Quinoa Salad w/ Kidney Beans Mashed Parsnips & Potatoes Artichoke Spinach Ragout Orange | Lemon Pepper Cod 29 Corn & Tomato Salad Whole Wheat Rotini Paprikash Sauce Carrots Tangerine |

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.
Milk is served daily.



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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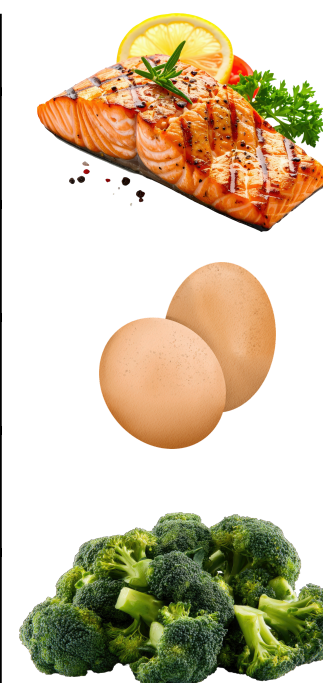
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | | | | Chicken & Pork Hash with an Egg White Patty 1 Whole Wheat Dinner Roll Brown Rice Tangerine |
| Breakfast Sandwich with an Egg White Patty 4 Turkey Sausage Hash Brown English Muffin Fruit Cup | Oatmeal with Mixed Berries 5 Sweet Potato Turkey Sausage Hash Apple | Savory Pork & Veggie Breakfast Bake 6 Hash Brown Orange | Chicken & Mushroom Congee 7 Whole Wheat Dinner Roll Jam & Margarine Orange Hash Brown | Breakfast Fried Brown Rice 8 Sweet Potato Hash Tangerine |
| Breakfast Sandwich with an Egg White Patty 11 Turkey Sausage Hash Brown English Muffin Fruit Cup | Hash Brown Casserole 12 English Muffin Apple | Scrambled Eggs & Sweet Potato Hash 13 Whole Wheat Dinner Roll Jam & Margarine Orange | Cinnamon Raisin Oatmeal & Hard Boiled Eggs 14 Hash Brown Orange | Chicken & Pork Hash with an Egg White Patty 15 Whole Wheat Dinner Roll Brown Rice Tangerine |
| Breakfast Sandwich with an Egg White Patty 18 Turkey Sausage Hash Brown English Muffin Fruit Cup | Oatmeal with Mixed Berries 19 Sweet Potato Turkey Sausage Hash Apple | Savory Pork & Veggie Breakfast Bake 20 Hash Brown Orange | Chicken & Mushroom Congee 21 Whole Wheat Dinner Roll Jam & Margarine Orange Hash Brown | Breakfast Fried Brown Rice 22 Sweet Potato Hash Tangerine |
| Breakfast Sandwich with an Egg White Patty 25 Turkey Sausage Hash Brown English Muffin Fruit Cup | Hash Brown Casserole 26 English Muffin Apple | Scrambled Eggs & Sweet Potato Hash 27 Whole Wheat Dinner Roll Jam & Margarine Orange | Cinnamon Raisin Oatmeal & Hard Boiled Eggs 28 Hash Brown Orange | Chicken & Pork Hash with an Egg White Patty 29 Whole Wheat Dinner Roll Brown Rice Tangerine |

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