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

LOCATION	LUNCH *Mon-Fri only*	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 - 2nd 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 – 3rd 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?
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STAY CONNECTED WITH PROJECT OPEN HAND:

@ProjectOpenHand

Project Open Hand

LUNCH MENU

NOVEMBER 2026

By Anna DiStefano, Registered Dietitian at Project Open Hand

To Cook or Not To Cook?





We know veggies are important! But does that mean every meal needs a side salad? The short answer is that the best form of any veggie is the one that you eat the most! However, here are some tips to get as many nutrients as possible from your food.

Why try raw? Most veggies lose vitamin C, B vitamins, and fiber when cooked, so it is helpful to include some raw veggies in your diet. Raw veggies also often take longer to chew – that might be a positive thing if you are working on mindful eating!

Lettuce, spinach, and bell peppers are full of vitamin C and easy to digest raw.



Garlic has the most cancer-fighting allicin when crushed and eaten raw! Try letting it rest for 5 minutes and then add it to a finished dish.

Cruciferous veggies like broccoli, cauliflower, and radishes also have the most cancer-fighting compounds when eaten raw!

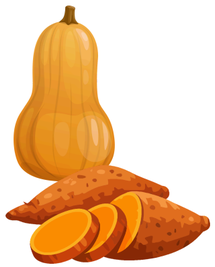


Red on Red onions provide the most anti-inflammatory compounds when eaten raw. If that isn't your speed, try cooking with the onion skins and remove them before eating.

What about the benefits of cooking? Cooking can make veggies easier to digest, especially if you are prone to bloating, and it can make veggies easier to chew. Cooking can also make some antioxidants easier to absorb.



Tomatoes have significantly more lycopene when cooked! Canned tomatoes are an excellent example. If cooking isn't an option, watermelon and grapefruit are also good sources of lycopene.



Other red, yellow, and orange plants also have more carotenoids when cooked and eaten with fat too! These include pumpkin, plantain, carrots, winter squash, sweet potato, summer squash, and sweet corn. As little as 3-5 grams of fat will maximize absorption – that's about 1 tablespoon of olive oil.

Adding mustard seeds or mustard powder to cooked cruciferous veggies like broccoli, Brussels sprouts, cabbage, kohlrabi, or daikon radish reactivates their cancer-fighting compounds! As little as a quarter teaspoon makes a difference in absorption.

November 2026

Project Open Hand
meals with love

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stroganoff Garden Salad w/ Feta Herb Whole Wheat Macaroni Peas & Carrots Fruit Cup	**3** Chicken Thigh w/ Gravy Garden Salad w/ Balsamic Quinoa & Brown Rice Broccoli Apple	**4** Baked Salmon w/ Sweet & Sour Vegetables Roasted Sweet Potato Salad Brown Rice Pear	**5** Chicken Drumsticks w/ Mushroom Herb Garden Salad w/ Avocado Herb Fall Wild Rice Pilaf Apple	**6** Cod w/ Artichoke Cream Sauce Garden Salad w/ Lemon Mashed Sweet Potatoes Whole Wheat Dinner Roll Pear
9 Beef Stew w/ Herbs Garden Salad w/ Balsamic Mashed Parsnips & Potatoes Whole Wheat Dinner Fruit Cup	**10** Mustard Glazed Chicken Thigh w/ Cacciatore Sauce Bean & Kale Salad Whole Wheat Macaroni Root Vegetables Apple	**11** Baked Salmon w/ Tomato Cream Sauce Three Bean Salad Quinoa & Brown Rice Roasted Sweet Potatoes Pear	**12** Chicken & Broccoli Garden Salad w/ Feta Herb Brown Rice Carrots Apple	**13** Cod w/ Harvest Chili Garden Salad w/ Ranch Brown Rice Pear
16 Beef Stew Garden Salad w/ French Brown Rice Carrots Fruit Cup	**17** Hoisin Chicken Thigh w/ Onion Gravy Garden Salad w/ Italian Kimchi Brown Rice Broccoli Apple	**18** Baked Salmon w/ Artichoke Ragout Garden Salad w/ Lemon Mashed Parsnips & Potatoes Whole Wheat Dinner Roll Pear	**19** Pineapple Soy Chicken Garden Salad w/ Garlic Quinoa & Brown Rice Roasted Sweet Potatoes Apple	**20** Lemon Pepper Cod Cilantro Cabbage Slaw Picadillo w/ Lentil Brown Rice Carrots Pear
23 Beef & Lentil Ragout Garden Salad w/ Ranch Brown Rice Broccoli Fruit Cup	**24** BBQ Chicken Breast Three Bean Salad Mac & Cheese Peas & Carrots Apple	**25** Thanksgiving Holiday Meal: Beef Pot Roast Garden Salad w/ Cesar Mashed Potatoes Mushroom Sage Gravy Carrots & Green Beans Whole Wheat Dinner Roll Pear Chocolate Chip Cookie	**26** Thanksgiving Holiday Meal: Roasted Turkey Breast Garden Salad w/ Honey Mustard Mashed Potatoes Turkey Gravy Fall Wild Rice Pilaf Cranberry Sauce Whole Wheat Dinner Roll Apple Pumpkin Pie	**27** Beef & Turkey Bolognese Garden Salad w/ Red Wine Vinegar Whole Wheat Macaroni Peas Pear
30 Beef Chili Garden Salad w/ Balsamic Brown Rice Roasted Sweet Potatoes Fruit Cup				

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 ⅓ 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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BREAKFAST MENU

NOVEMBER 2026

By Anna DiStefano, Registered Dietitian at Project Open Hand

To Cook or Not To Cook?





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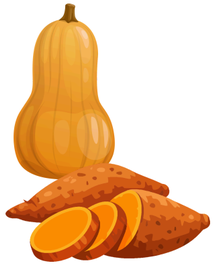


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November 2026

Project Open Hand
meals with love

SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Sandwich with an Egg White Patty Turkey Sausage, Roasted Breakfast Potatoes, English Muffin, Fruit Cup	**3** French Toast Casserole Sweet Potato Hash, Turkey Sausage, Apple	**4** Savory Pork & Veggie Breakfast Bake Hash Brown, Orange Juice	**5** Chicken & Mushroom Congee Whole Wheat Dinner Roll, Jam & Margarine, Apple, Hash Brown	**6** Breakfast Fried Brown Rice Sweet Potato Hash, Pear Cup
9 Whole Wheat Pancakes with an Egg White Patty Hash Brown, Fruit Cup	**10** Hash Brown Casserole English Muffin, Apple	**11** Scrambled Eggs & Sweet Potato Hash Whole Wheat Bread, Jam & Margarine, Orange Juice	**12** Cinnamon Raisin Oatmeal & Hard Boiled Eggs Roasted Breakfast Potatoes, Apple	**13** Chicken & Pork Hash with an Egg White Patty Whole Wheat Dinner Roll, Brown Rice, Pear Cup
16 Breakfast Sandwich with an Egg White Patty Turkey Sausage, Roasted Breakfast Potatoes, English Muffin, Fruit Cup	**17** French Toast Casserole Sweet Potato Hash, Turkey Sausage, Apple	**18** Savory Pork & Veggie Breakfast Bake Hash Brown, Orange Juice	**19** Chicken & Mushroom Congee Whole Wheat Dinner Roll, Jam & Margarine, Apple, Hash Brown	**20** Breakfast Fried Brown Rice Sweet Potato Hash, Pear Cup
23 Whole Wheat Pancakes with an Egg White Patty Hash Brown, Fruit Cup	**24** Hash Brown Casserole English Muffin, Apple	**25** Scrambled Eggs & Sweet Potato Hash Whole Wheat Bread, Jam & Margarine, Orange Juice	**26** Cinnamon Raisin Oatmeal & Hard Boiled Eggs Roasted Breakfast Potatoes, Apple	**27** Chicken & Pork Hash with an Egg White Patty Whole Wheat Dinner Roll, Brown Rice, Pear Cup
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