

November 2011

Senior Lunch Program Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>The Senior Lunch Program is funded by: The Office on the Aging, U.S.D.A., Project Open Hand & Senior Participants</p>	<p>1 *Tortilla Vegetable Soup +Pork Chile Rojo Brown Rice Corn Banana</p>	<p>2 +Broccoli Salad Seasoned Baked Catfish w/ Tomato Herb Sauce w/ Mushrooms Creamy Polenta *Peas & Carrots Sliced Pears</p>	<p>3 *Vegetarian Vegetable Soup Mongolian Beef White Rice Green Beans +Mandarin Orange Slices</p>	<p>4 Edamame Salad Chicken w/ Honey Mustard Sauce +Broccoli Whole Wheat Dinner Roll & Margarine Seasonal Fresh Fruit</p>	<p>5 Potato Salad Chicken w/ Mushroom Gravy Whole Wheat Bread & Margarine *Riviera Blend Vegetables +Seasonal Fresh Fruit</p>	<p>6 *Garden Salad w/ Tomato & Dressing Three Bean Chili w/ Cheese Cornbread Corn +Cantaloupe</p>
<p>7 +Borscht w/ Sour Cream Beef Stroganoff Egg Noodles Riviera Blend Vegetables Fruit Cocktail</p>	<p>8 *Garden Salad w/ Tomato & Dressing Singapore Chicken Curry Brown Rice +Broccoli Seasonal Fresh Fruit CONTAINS PEANUTS</p>	<p>9 *Navy Bean Soup Tilapia w/ Mushroom Herb Sauce w/Lemon Zest Cavatappi Pesto Salad Fiesta Blend Vegetables +Cantaloupe</p>	<p>10 ++Potato salad Oven Baked Fried Chicken w/ Creamy Chicken Gravy Whole Wheat Bread & Margarine ++ Collard Greens Sliced Peaches</p>	<p>11 +Marinated Vegetable Salad Fennel Crusted Pork Loin w/ Herb Gravy Savory Stuffing Green Beans Applesauce</p>	<p>12 +Chilled Apple Juice BBQ Chicken w/ Sauce Mashed Red Potatoes *Fiesta Blend Vegetables Whole Wheat Bread & Margarine Dessert</p>	<p>13 Boneless Pork Chop w/ Mustard & Onion Sauce & *Sweet Mashed Potato +Cauliflower Whole Wheat Roll & Margarine Seasonal Fresh Fruit</p>
<p>14 *Garden Salad w/ Tomato & Dressing Hearty Beef Stew Whole Wheat Bread & Margarine Peas +Orange</p>	<p>15 *Vegetable Fiesta Soup w/ Black Beans & Corn Baked Catfish w/ Veracruz Sauce Toasted Barley +Broccoli Banana</p>	<p>16 Mushroom Barley Soup +Stuffed Cabbage Casserole w/ Ground Pork Roasted Potatoes *Carrots Seasonal Fresh Fruit</p>	<p>17 *Garden Salad w/ Tomato & Dressing Soft Chicken Taco On a Flour Tortilla w/ Shredded Lettuce & Salsa Brown Spanish Rice +Southwest Black Beans Seasonal Fresh Fruit</p>	<p>18 *Garden Salad w/ Tomato & Dressing Open-Faced Hot Turkey Sandwich w/ Gravy w/ Mashed Potatoes, Whole Wheat Bread & Margarine +Mandarin Orange Slices</p>	<p>19 *Cream of Zucchini Soup Baked Tilapia w/ Garlic-White Wine Sauce Creamy Polenta *Normandy Blend Vegetables +Cantaloupe</p>	<p>20 +Grape Juice Glazed Chicken with Orange Honey Sauce Brown Fried Rice *Riviera Blend Vegetables Dessert</p>
<p>21 +Orange Juice Cowboy Beef Chili w/ Masa & Black Beans Brown Rice *Fiesta Blend Vegetables Dessert</p>	<p>22 Split Pea Soup Baked Cape Capensis w/ Creamy Tarragon Sauce Polenta *Carrots +Seasonal Fresh Citrus</p>	<p>23 *Apple Juice Roast Turkey w/ Gravy Cranberry Sauce Mashed Sweet Potatoes Cornbread Dressing Seasoned Peas Pumpkin Pie</p> 	<p>24 *Apple Juice Roast Turkey Breast w/ Gravy & Cranberry Sauce Mashed Potatoes Cornbread Dressing Green Beans Pumpkin Pie Thanksgiving Weekend Sites Only</p>	<p>25 Yankee Pot Roast w/Gravy Mashed Potatoes *Carrots Whole Wheat Bread & Margarine +Orange Day After Thanksgiving Weekend Sites Only</p>	<p>26 *Vegetable Soup Baked Catfish with Salsa Verde Riviera Blend Vegetables Spanish Brown Rice +Seasonal Fresh Citrus</p>	<p>27 Marinated Cucumber Salad Tandori Chicken with Sauce Couscous Pilaf +Cauliflower Sliced Pears</p>
<p>28 *Vegetable Hot Pot Soup Baked Catfish w/ Garlic-Ginger-Lemon Zest Sauce Brown Rice Asian Blend Vegetables +Mandarin Orange Slices</p>	<p>29 Garden Salad w/ Tomato & Dressing Beef Provençal w/ Onion & Olives (a stew w/ green peppers & olives) Whole Wheat Couscous Pilaf *Riviera Blend Vegetables +Mandarin Orange Slices</p>	<p>30 *Sweet Potato Soup Herb Roasted Chicken w/ Herb Gravy Savory Stuffing +Broccoli Seasonal Fresh Fruit</p>	<p>All menus have no more than 800 milligrams of sodium. In the rare instance a menu has more than 1000 milligrams of sodium, it will be labeled a High Sodium Meal.</p>	<p>FOOD KEY:  + Vitamin C * Vitamin A</p>	<p>This menu is subject to change without notice. (Milk is served every day.)</p>	

notes from the Senior Advisory Meeting

POH hosted a Senior Advisory Meeting on October 17. We were happy that Chef Amy was able to take time out her her very busy day to listen to the seniors' feedback. Here's a highlight of some of what was discussed. POH responses in *italics*:

Some of our seniors commented that the Pork Adobo, while tasty, was not very traditional. *We will try your suggestion of adding more peppercorns and bay leaf to the stew to give it a more traditional flavor.*

The Pork Chow Mein was sweet last time it was served. I think we can fix this by cutting back on the Hoisin Sauce used in this recipe. We will also sautee the vegetables in Seasm Oil to give it more of that flavor.

Some of the lunch participants at our site complained about the spiciness of the gumbo...however, I thought it was acceptable. *We do not add any extra cayenne, black or white pepper. The sausage we use is not very spicy. We use a basic "gumbo" seasoning to give it that flavor, but it is pretty mild. We can cut back on that a little.*

Several at the meeting asked if more polenta and soup could be put on the menu (especially Borscht). *We can add more polenta to the menu (we've added 2 to the new cycle menu since the meeting). We can run soup twice a week and have added it to weeks that currently only contained one.*

Collard Greens are not a big favorite - they're pretty bland and bitter. *Greens are a good source of Vitamin C, so we'd hate to take them completely off the menu. Chef Amy says she currently seasons it with a little onion, but can caramelize them in the future (and more of them) to see if that can offset the bitterness.*

We think some of our Chinese-speaking seniors do not use comment cards because they are not in Chinese. *We'll make them multi-lingual from now on. They can also leave their comments in Chinese - we can have them translated.*

Can some of the notes discussed at these meetings be put on the menu? YES!



Project Open Hand
meals with love

www.openhand.org

730 Polk St. San Francisco CA 94109 447.2300
Office Hours: 9:00am - 5:00pm

Julie Wasem, Director
Kim Madsen, Dietician
Amy Aberle, Head Chef/Production Manager
Darin Raffaelli, Sites Manager

Cape Capensis Fish

Caught in the icy cold Benguela current off the coast of Southwestern Africa, Cape Capensis has become a popular substitute for Cod, Haddock, Flounder, Sole, and even Orange Roughy. The nutrient-rich unpolluted water of the Benguela current is swept up the western coast of Africa from the Antarctic. This frigid water is important to this fish's firm texture. Cape Capensis, also known as "Merluza" in Europe, is a mild white fish with a flaky firm flesh. Cape Capensis is well known world-wide for its premium quality and has been long sought after in Europe for its white flake and sweet flavor. We're serving it on November 22 with a Creamy Tarragon Sauce.