Humboldt Senior Resource Center August 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Pesto Sandwich White Bean & Tomato Salad Whole Wheat Bun Apricots 1	**Old Fashion Goulash** Peas & Carrots WW Dinner Roll Cantaloupe 2
All Sites Closed 5	**½ Chicken Salad Sandwich & Broccoli Cheese Soup** Apple Feta Salad Strawberries 6	**Philly Cheese Steak** Broccoli Salad Whole Wheat Roll Mandurian Orange 7	**Braised Pork Stew** Roasted Red Potatoes German Blend Vegetables Honeydew Melon 8	**Kalua Pork** Teriyaki Vegetables Pineapple Fried Rice Hawaiian Roll Banana Coconut Cake ***~ Hawaiian Luau ~*** 9
All Sites Closed 12	**Chinese Chicken Salad** w/Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing, Fortune Cookie Strawberries 13	**Hamburger** With Lettuce, Tomato, Red onion and Mayo Potato Salad Watermelon, Cookie 14	**Lemon Dill Fish** Citrus Couscous Salad German Blend Vegetables Mandarin Orange Delight 15	**Cheese Tortellini w/ Alfredo Sauce** Spinach Salad Garlic Bread Stick Cantaloupe 16
All Sites Closed 19	**Mediterranean Chicken** Cherry Tomato Quinoa Mediterranean Vegetables Grapes 20	**Meat Loaf & Gravy** Red Potatoes Sliced Carrots Demi Loaf Honeydew 21	**Pulled Pork Sandwich** Coleslaw with Carrots Whole Wheat Bun Peaches 22	**Almond Chicken** Stir Fry Vegetables Fried Rice Mandarin Delight 23
All Sites Closed 26	**Spinach Lasagna** Green Salad French Bread Fruit Cocktail 27	**Chicken Parmesan** Ratatouille Garlic Bread Apricots 28	**Taco Salad** With Beef, Beans, Lettuce, Tomato, Cheese, Chips & Salsa Strawberries 29	**Catfish Po'boy Sandwich** Coleslaw Whole Wheat Roll Apricots ***Birthday Cake!!!*** 30

For Reservations Call: Vanessa in ARCATA @ 825-2027 ~ Cathy in EUREKA @ 443-9747 ~ Launa in FORTUNA @ 725-6245

Arcata and Eureka lunch served 11:30 am – 12:15, Fortuna lunch served 12:00 pm – 12:30 pm

Low-fat or nonfat milk is served with each meal.

Menus are subject to change without notice.

A vegetarian alternative is available by reservation daily

Humboldt Senior Resource Center

Nutrition & Activities Program

$3.50 is the suggested donation. No senior 60 and over will be denied a meal. For those under 60 there is a fee.

The salt shaker indicates a higher sodium meal