




HUMBOLDT SENIOR RESOURCE CENTER'S September, 2019 MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
 Labor Day All Sites Closed 2	Sloppy Joes Whole Wheat Bun Cole Slaw Roasted Sweet Potatoes Apricots 3	Roasted Pork w/ Apple Walnut Sauce Rice Pilaf Spring Vegetables Fruit & Nut Bread Fruit Cocktail 4	Butternut Ravioli with Tomato Cream Sauce Tomato Basil Salad French Bread Honeydew 5	Beef Stew W/Carrots & Potatoes Garden Vegetable Blend Dinner Roll Pears <i>Happy Grandparents Day!</i> 6
All Sites Closed 9	Salisbury Steak Mashed Potatoes San Francisco Blend Ciabatta Bread Tropical Fruit 10	Summer Berry Salad Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Homemade Muffin Pumpkin Custard 11	Chicken Pesto Sandwich White Bean & Tomato Salad Whole Wheat Bun Apricots 12	Old Fashion Goulash Peas & Carrots WW Dinner Roll Cantaloupe 13
All Sites Closed 16	½ Chicken Salad Sandwich & Broccoli Cheese Soup Apple Feta Salad Strawberries 17	 Beef Bourguignon Roasted Potatoes Broccoli Salad Dinner Roll Ice Cream <i>Co-Op Local Day!</i> 18	Braised Pork Stew Mashed Potatoes German Blend Vegetables Three Cheese Bread Honeydew Melon 19	Chicken w/Fire Roasted Tomatoes Fresh Spinach Missouri River Pasta Salad Carmel Apple Slices 20
All Sites Closed 23	Chinese Chicken Salad w/Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing, Fortune Cookie Strawberries 24	Hamburger With Lettuce, Tomato, Red Onion and Mayo Potato Salad Watermelon 25	Lemon Dill Fish Citrus Couscous Salad Garden Blend Vegetables Mandarin Orange Delight 26	Cheese Tortellini w/ Alfredo Sauce Spinach Salad Garlic Bread Stick Cantaloupe <i>Birthday Cake!!!</i> 27
All Sites Closed 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