

HUMBOLDT SENIOR RESOURCE CENTER'S January, 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>~ Happy New Year~ All Nutrition Sites Closed For the Holiday</p>	<p>Harvest Butternut Squash Ravioli Spinach Cranberry Salad Garlic Bread Mandarin Orange Fluff</p>	<p>BBQ Pork Rib Rice Pilaf Greek Coleslaw Watermelon</p>
<p>Beef Lasagna Spinach Salad Garlic Bread Stick Fruit Salad Eureka Site Only 6</p>	<p>Chinese Chicken Salad w/Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing, Fortune Cookie, Cantaloupe 7</p>	<p>Soup & Salad Italian Wedding Soup Spinach Orange Salad Three Cheese Bread Peaches 8</p>	<p>Baked Western Omelet Hash browns WW Biscuit Tropical Fruit 9</p>	<p>Chili Verde Tacos Black Beans Corn & Rice Mexican Coleslaw Pineapple Rings 10</p>
<p>Creamy Chicken & Veggies Confetti Coleslaw WW Biscuit Pears & Raisins Eureka Site Only 13</p>	<p>Stuffed Baked Potato Garden Blend Vegetables Tropical Fruit Salad Fruit & Nut Bread 14</p>	<p>Chef Salad Cheese, Lettuce, Tomato, Egg, and Turkey Whole Wheat Demi Loaf Cantaloupe 15</p>	<p>Pot Roast & Gravy Red Potatoes Pacific Blend Vegetables Whole Wheat Roll Mandarin Orange 16</p>	<p>Lemon Herb Fish Garden Blend Vegetables Citrus Couscous Salad Honeydew Melon 17</p>
<p>Closed  20 Martin Luther King, Jr. Day</p>	<p>Chicken Cacciatore Polenta Italian Blend Vegetables Pineapple Rings 21</p>	<p>Clam Chowder Sour Dough Bread Spinach Salad Honeydew Melon 22</p>	<p>Beef Stroganoff Egg Noodles California Blend Vegetables Whole Wheat Roll Mandarin Delight 23</p>	<p>Black Bean & Chicken Casserole Spanish Rice Mexican Cole Slaw Pineapple 24</p>
<p>Chicken Fried Steak Mashed Potatoes Green Beans WW Roll Mandarin Oranges Eureka Site Only 27</p>	<p>Stuffed Cabbage Peas & Red Peppers French Bread Tropical Fruit 28</p>	<p>Meat Loaf Mashed Potatoes Pacific Blend Vegetables Whole Wheat Roll Pineapple Rings 29</p>	<p>Chicken & Dumpling Four Bean Salad Peaches 30</p>	<p>Tomato Basil Baked Fish Quinoa Pilaf Italian Blend Vegetables Cantaloupe <i>31 Birthday Cake!!!</i></p>

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 meatless alternative is available by reservation daily



**Humboldt Senior
Resource Center**

Nutrition & Activities Program



\$3.50 is the suggested donation. No senior will be denied a meal if unable to donate. For those under 60 there is a fee.

The salt shaker indicates a higher sodium meal