

Humboldt Senior Resource Center Lunch Menu

March, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak Mashed Potatoes Peas & Carrots Bavarian Dark Bread Ambrosia 2	Crustless Quiche Potatoes O'Brian Scandinavian Vegetables WW Biscuit Fruit Cup 3	Beef Stroganoff w/ Egg Noodles California Blend Vegetables WW Roll Mandarin Delight 4	Ham & Bean Soup Hawaiian Coleslaw Corn Bread Peaches 5	BBQ Chicken Baked Potato Corn w/ Red Peppers Strawberries Corn Bread 6
Chicken Noodle Casserole Spring Vegetables WW Roll Peaches 9	Baked Fish Dijonnaise Scalloped Potatoes Pacific Blend Vegetables Three Cheese Bread Pears 10	BBQ Pork Rib Rice Pilaf Mixed Vegetables Watermelon 11	Taco Salad Beef, Beans, Cheese, Lettuce, Tomato, Chips & Salsa Grapes 12	Stuffed Baked Potato Garden Blend Vegetables Tropical Fruit Salad Fruit & Nut Bread  13
Meat Loaf w/ Gravy Mashed Potatoes Chuck Wagon Blend Sourdough Bread Tropical Fruit 16	Corned Beef and Cabbage Red Potatoes, Baby Carrots Dinner Roll, Fresh Grapes Shamrock Pudding   St. Patrick's Day 17	Green Chili Egg Bake SF Blend Vegetables WW Biscuit Cantaloupe 18	Chicken Parmesan Ratatouille Garlic Bread Apricots 19	Shepard's Pie Green Beans w/ Red Peppers Bavarian Demi Loaf Peaches 20
Creamy Chicken & Vegetables S.F Blend Vegetables WW Biscuit Pears & Raisins 23	Hot Roast Beef Sandwich Mashed Potatoes w/Gravy Coleslaw w/ Carrots Watermelon 24	Cheese Tortellini Apple Feta Salad Garlic Bread Cantaloupe 25	Fish w/ Sundried Tomato Pesto Scalloped Potatoes Prince William Vegetables Three Cheese Bread Tropical Fruit 26	Chinese Chicken Salad w/Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing, Fortune Cookie, Cantaloupe Birthday Cake!!! 27
Chicken w/ Fire Roasted Tomato Spinach Tomato Couscous Green Beans w/ Red Peppers Caramel Apple Slices 30	Macaroni & Cheese Rainbow Coleslaw WW Roll Fruit Cocktail 31			Meals Served Mondays at our Arcata and Eureka locations

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

For Reservations Call: Anna in ARCATA @ 825-2027 ~ Cathy in EUREKA @ 443-9747 ext. 1242 ~ Launa in FORTUNA @ 725-6245

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



\$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