

All programs will be closed
Monday, May 30th
 in honor of Memorial Day



www.humsenior.org

HSRC Nutrition & Activities Program

Arcata

321 Dr. Martin Luther King Jr. Parkway
 707-825-2027

Eureka

1910 California Street • 707-443-9747 ext 1242
 Hours: M-Thurs: 9 a.m.-4:30 p.m., Fri: 9 a.m.- noon

Fortuna

3000 Newburg Road
 707-725-6245

Call for reservations.
 If possible, call
7 days in advance.

\$3.50 is the suggested
 contribution.

No senior 60 and over
 will be denied a meal.
 For those under 60
 there is an \$8 fee.

- Lowfat or nonfat
 milk is served with
 each meal.

- Menus are subject
 to change without
 notice.

- A vegetarian alter-
 native is available
 daily by reservation.

May 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit & Sausage Gravy 2	Hot Roast Beef Sandwich 3	Fish w/ Sundried Tomato Pesto 4	Cinco de Mayo Tamale Pie 5	Mother's Day Brunch Spinach, Ham & Cheese Quiche 6
Chicken w/ Fire Roasted Tomato 9	Beef Stroganoff w/ Egg Noodles 10	Chili Verde Tacos 11	Spinach Lasagna 12	Teriyaki Chicken 13
Spaghetti W/Meatballs 16	Brunswick Stew 17	Lemon Herb Fish 18	Chicken Fried Steak 19	Chicken Marsala 20
Salisbury Steak 23	French Toast Bake w/ Syrup & Turkey Sausage links 24	Macaroni & Cheese 25	Ham & Bean Soup 26	BBQ Chicken Sandwich 27
Closed to observe Memorial Day 30	Baked Fish Dijonnaise 31			

Heritage Café Dine-in Days • Meal Pick-up Days • Activities

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Arcata 11:30 a.m.-1 p.m.	Closed	Meal Pick-up Day: 11:30 a.m.- 12:15 p.m.	Café open	Café open	Café open
Eureka 11:30 a.m.-1 p.m.	Café open Mah Jongg 9:30 a.m. - 12:30 p.m.	Café open May 26: Stamp Club 6 p.m. - 9 p.m.	Café open BEGINNER/IMPROVER LEVEL Line Dancing with Sue 2:15 - 4 p.m	Meal Pick-up Day: 11:30 a.m.- 12:15 p.m.	Closed
Fortuna 12 noon-12:30 p.m.	Closed	Café open	Closed	Café open	Meal Pick-up Day: 11:30 a.m.- 12:15 p.m.