

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



Heritage Café

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 am-4:30 pm, Fri: 9 am- noon

Fortuna

3000 Newburg Road
707-725-6245

June 2022 Menu

\$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 alternative is available daily by reservation.

	Monday	Tuesday	Wednesday	Thursday	Friday
			BBQ Pork Rib 1	Taco Salad 2	Braised Beef Brisket 3
Meatloaf w/Gravy 6	Split Pea Soup w/Ham 7	Green Chili Egg Bake 8	Soul Smothered Chicken 9	Shepherd's Pie 10	
Biscuit & Sausage Gravy 13	Hot Roast Beef Sandwich 14	Cheese Tortellini 15	Fish w/Sundried Tomato 16	Chinese Chicken Salad 17	
Chicken w/ Fire-Roasted Tomato 20	Beef Stroganoff w/ Egg Noodles 21	Chili Verdé Tacos 22	Spinach Lasagna 23	Teriyaki Chicken 24	
Spaghetti W/Meatballs 27	Brunswick Stew 28	Lemon Herb Fish 29	Chicken Fried Steak 30		

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Arcata 11:30 a.m.-1 p.m.	Closed	Café closed Meal Pick-up Day 11:30 am-12:15 pm	Café open Tai Chi Continuing Practice 10-11 am Tai Chi For Beginners 11:15 am – 12:15 pm	Café open	Café open
Eureka 11:30 a.m.-1 p.m.	Café open Ping Pong 9:30 am-12:30 pm	Café open Ukulele Group 3-4 pm June 28: Stamp Club 6-9 pm	Café open Beginner/Improver Line Dancing with Sue 2:15-4 pm	Café closed Meal Pick-up Day 11:30 am-12:15 pm	Café closed Chi Qong & Sun Style Tai Chi for Arthritis 10-11 a.m
Fortuna 12 noon-12:30 p.m.	Closed	Café open	Closed	Café open	Café closed Meal Pick-up Day 11:30 am-12:15 pm