






## HSRC's Heritage Café – July 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
					
 <b>ALL SITES CLOSED!</b> <span style="float: right;">4</span>		<b>Mediterranean Chicken</b> Cherry Tomato Quinoa Salad Mediterranean Vegetable Grapes <span style="float: right;">5</span>	<b>Meat Loaf &amp; Gravy</b> Red Potatoes Sliced Carrots Bavarian Demi Loaf Honeydew <span style="float: right;">6</span>	<b>Gyros Sandwich w/ WW Pita</b> Potato Salad Celery & Carrot Sticks Peaches <span style="float: right;">7</span>	<b>Cheeseburger</b> With Lettuce, Tomato, Red Onion and Mayo Cole Slaw Watermelon, Cookie <span style="float: right;">1</span>
<b>Ham &amp; Bean Soup</b> Hawaiian Coleslaw Corn Bread Peaches <span style="float: right;">11</span>	<b>Spinach Lasagna</b> Green Salad Whole Wheat Roll Fruit Cocktail <span style="float: right;">12</span>	<b>Seafood Newburg</b> Rice Pilaf Garden Vegetable Blend Mandarin Oranges <span style="float: right;">13</span>	<b>Taco Salad</b> With Beef, Beans, Lettuce, Tomato, Cheese, Chips & Salsa Strawberries <span style="float: right;">14</span>	<b>Chicken Parmesan</b> Ratatouille Whole Wheat Roll Apricots <span style="float: right;">15</span>	
<b>Chicken Noodle Casserole</b> Spring Vegetables Whole Wheat Roll Peaches <span style="float: right;">18</span>	<b>Sloppy Joes</b> Whole Wheat Bun Cole Slaw Roasted Sweet Potatoes Apricots <span style="float: right;">19</span>	<b>Pork Chop w/ Apple Gravy</b> Rice Pilaf Spring Vegetables Fruit Cocktail <span style="float: right;">20</span>	<b>Butternut Ravioli</b> with Tomato Cream Sauce Tomato Basil Salad Whole Wheat Roll Honeydew <span style="float: right;">21</span>	<b>Baked Cod Dijonnaise</b> Scalloped Potatoes San Francisco Blend Whole Wheat Roll Pears <span style="float: right;">22</span>	
<b>Spaghetti &amp; Meatballs</b> Italian Blend Veggies Whole Wheat Roll Watermelon <span style="float: right;">25</span>	<b>Salisbury Steak</b> Mashed Potatoes San Francisco Blend Whole Wheat Roll Tropical Fruit <span style="float: right;">26</span>	<b>Summer Berry Salad</b> Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Whole Wheat Roll Pumpkin Custard <span style="float: right;">27</span>	<b>Chicken Pesto Sandwich</b> White Bean & Tomato Salad Whole Wheat Bun Apricots <span style="float: right;">28</span>	<b>BBQ Pork on WW Bun</b> Corn on the Cob Roasted Carrots Baked Apple  <b>Co-Op Local Day</b> 29	

**For Reservations Call: ARCATA @ 707-825-2027 ~ EUREKA @ 707-443-9747 ext. 1242 ~ FORTUNA @ 707-725-6245**

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



**Humboldt Senior  
Resource Center**

Nutrition & Activities Program

**\$3.50 is the suggested contribution. No senior 60 & over will be denied a meal. For those under 60 there is a fee.**



The salt shaker indicates a higher sodium meal

