








HUMBOLDT SENIOR RESOURCE CENTER'S December 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			Tuna Casserole Peas & Carrots Cabbage Fruit Salad Grapes 1	Chili Verde Tacos Black Beans Corn & Rice Mexican Coleslaw Pineapple Rings 2
Creamy Chicken & Veggies Confetti Coleslaw WW Biscuit Pears & Raisins 5	Stuffed Baked Potato Garden Blend Vegetables Tropical Fruit Salad Fruit & Nut Bread 6	Chef Salad Cheese, Lettuce, Tomato, Egg, and Turkey Whole Wheat Demi Loaf Cantaloupe 7	Pot Roast & Gravy Red Potatoes Pacific Blend Vegetables Whole Wheat Roll Mandarin Orange 8	Lemon Herb Fish Garden Blend Vegetables Citrus Couscous Salad Honeydew Melon 9
Shepard's Pie San Francisco Blend Bavarian Demi Loaf Peaches 12	Chicken Cacciatore Polenta Italian Blend Vegetables Pineapple Rings 13	 Apple Pancakes Turkey Sausage Yellow Squash/Zucchini Cantaloupe 14	Beef Stroganoff w/ Egg Noodles California Blend WW Roll Mandarin Orange 15	Pinto Bean & Chicken Casserole Spanish Rice Mexican Cole Slaw Pineapple 16
Meat Loaf Mashed Potatoes Pacific Blend Vegetables Whole Wheat Roll Pineapple Rings 19	Stuffed Cabbage Peas & Red Peppers Whole Wheat Flat Bread Tropical Fruit 20	 Baked Ham Candied Yams Green Beans Dinner Roll, Apple Pie Holiday Meal!!! 21	Tomato Basil Fish Quinoa Pilaf Italian Blend Vegetables Cantaloupe 22	 All Nutrition Sites Closed For the Holidays 23
 All Nutrition Sites Closed For the Holidays 26	Vegetarian Egg Bakes Potato O'Brian Mixed Vegetables WW Biscuit Peaches 27	Shrimp & Linguini Bahamas Blend Vegetables Whole Wheat Roll Mandarin Oranges 28	Taco Salad Ground Beef, Beans, Romaine Lettuce, Tomato, Cheese, Chips and Salsa Apricots 29	Clam Chowder Spinach Orange Salad Whole Wheat Roll Honeydew Melon 30

Arcata and Eureka lunch served 11:30 am – 12:15 Monday through Friday, Fortuna lunch served 12:00 pm – 12:30 pm **Days vary by site**

For Reservations Call: Shayla in ARCATA @ 825-2027 ~ Ashley in EUREKA @ 443-9747 ext. 1242 ~ Alisha 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 contribution. No senior 60+

will be denied a meal. For those under 60 there is a fee.



The salt shaker indicates a higher sodium meal

