

Humboldt Senior Resource Center Lunch Menu March, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Beef Stroganoff Egg noodles California Blend Vegetables Mandarin Delight Whole Wheat Roll 1	Ham & Bean Soup Hawaiian Coleslaw Corn Bread Ambrosia 2	BBQ Chicken Baked Potato Corn w/ Red Peppers Strawberries WW Roll 3
Chicken Noodle Casserole Spring Vegetable Blend WW Roll Peaches 6	Baked Fish Dijonnaise Scalloped Potatoes Pacific Blend Vegetables WW Roll Pears 7	BBQ Pork Rib Rice Pilaf Mixed Vegetables Watermelon 8	Taco Salad Beef, Beans, Cheese, Lettuce, Tomato, Chips & Salsa Grapes 9	Stuffed Baked Potato Garden Blend Vegetables Tropical Fruit Salad WW Roll 10
Meat Loaf w/ Gravy Mashed Potatoes Chuck Wagon Blend Vegetable Bavarian Demi Loaf Pineapple 13	Split Pea W Ham Mediterranean Coleslaw WW Roll Tropical Fruit 14	Corned Beef and Cabbage Red Potatoes, Baby Carrots Dinner Roll, Fresh Grapes Shamrock Pudding   St. Patrick's Day 15	Chicken Parmesan Ratatouille Apricots WW Garlic Bread Stick 16	Shepard's Pie Green Beans w/ Red Peppers Bavarian Demi Loaf Peaches 17
Creamy Chicken & Veggies SF Blend Vegetables WW Biscuit Pears & Raisins 20	Hot Roast Beef Sandwich Mashed Potatoes w/Gravy Coleslaw w/ Carrots WW Bread Watermelon 21	Cheese Tortellini Apple Feta Salad WW Roll Cantaloupe 22	Fish w/ Sundried Tomato Pesto Scalloped Potatoes Prince William Vegetables WW Roll Tropical Fruit 23	Chinese Chicken Salad w/Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing, Fortune Cookie, Cantaloupe 24
Chicken w/ Fire Roasted Tomato Spinach Tomato Couscous Green Beans w/ Red Peppers Caramel Apple Slices 27	Macaroni & Cheese Rainbow Coleslaw WW Roll Fruit Cocktail 28	Chili Verde Tacos Black Beans, Corn & Rice Mexican Cole Slaw Pineapple 29	Spinach Lasagna Green Salad WW Roll Honey Dew Melon 30	Teriyaki Chicken Stir-Fry Vegetables Fried Rice Orange Delight 31

Arcata and Eureka lunch served 11:30 am – 1:00, 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.
 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. A



The salt shaker indicates a higher sodium meal