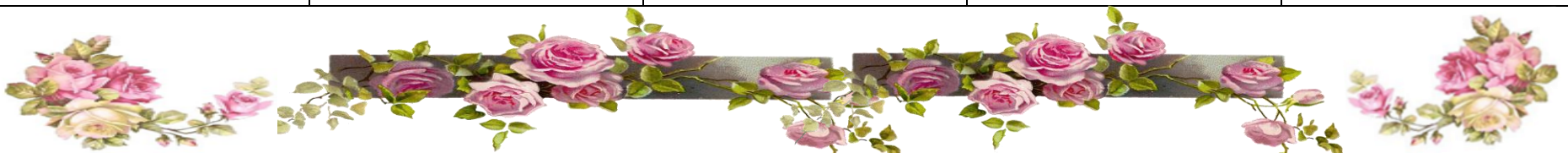





## HUMBOLDT SENIOR RESOURCE CENTER'S APRIL 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>Spaghetti W/Meatballs</b> Spinach w/Garlic & Onions Bavarian Demi Loaf Peaches <span style="float: right;">3</span>	<b>½ Chicken Salad Sandwich &amp; Broccoli Cheese Soup</b> Quinoa Salad Grapes <span style="float: right;">4</span>	<b>Pineapple Baked Ham</b> Scalloped Potatoes Peas & Carrots, Wheat Roll Fresh Fruit Cup  Carrot Cake  <i>Holiday Meal</i> <span style="float: right;">5</span>	<b>Chicken Fried Steak</b> Mashed Potatoes w/Gravy Green Beans WW Roll Mandarin Oranges <span style="float: right;">6</span>	<b>Lemon Herb Fish</b> Scandinavian Blend Veg Citrus Couscous Salad Honeydew Melon <span style="float: right;">7</span>
<b>Salisbury Steak</b> Mashed Potatoes Peas & Carrots Bavarian Dark Bread Apricot <span style="float: right;">10</span>	<b>Crustless Quiche</b> Potatoes O'Brien Scandinavian Blend Veg WW Biscuit Fruit Cocktail <span style="float: right;">11</span>	<b>Beef Stroganoff w/ Egg Noodles</b> California Blend Veg Wheat Roll Mandarin Delight <span style="float: right;">12</span>	<b>Ham &amp; Bean Soup</b> Tomato Basil Salad Cornbread Cantaloupe <span style="float: right;">13</span>	<b>BBQ Chicken</b> Baked Potato Corn w/ Red Peppers Strawberries WW Bread Stick <span style="float: right;">14</span>
<b>Chicken Noodle Casserole</b> Spring Vegetables Wheat Roll Peaches <span style="float: right;">17</span>	<b>Baked Fish Dijonnaise</b> Scalloped Potatoes Pacific Blend Vegetables WW Roll Pears <span style="float: right;">18</span>	<b>BBQ Pork Rib</b> Rice Pilaf Mixed Vegetables Watermelon <span style="float: right;">19</span>	<b>Taco Salad</b> Beef, Beans, Cheese, Lettuce, Tomato, Chips & Salsa Grapes <span style="float: right;">20</span>	<b>Stuffed Baked Potato</b> Garden Blend Vegetables Tropical Fruit Salad Bavarian Demi Loaf  <span style="float: right;">21</span>
<b>Meat Loaf w/ Gravy</b> Mashed Potatoes California Blend Vegetable WW Demi Loaf Pineapple <span style="float: right;">24</span>	<b>Split Pea Soup w/ Ham</b> Mediterranean Coleslaw WW Roll Tropical Fruit <span style="float: right;">25</span>	<b>Green Chili Egg Bake</b> SF Blend Vegetables WW Biscuit Cantaloupe <span style="float: right;">26</span>	<b>Chicken Parmesan</b> Ratatouille Apricots WW Garlic Bread Stick <span style="float: right;">27</span>	<b>Shepard's Pie</b> Green Beans w/ Red Peppers Bavarian Demi Loaf Peaches <span style="float: right;">28</span>

Arcata and Eureka lunch served 11:30 am– 12:15 pm, Fortuna lunch served 12:00–12:30 pm

**Days vary by site**

**For Reservations Call: Shayla in ARCATA @ 707-825-2027 ~ Ashley in EUREKA @ 707-443-9747 x1242 ~ Alisha in 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



\$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