

HUMBOLDT SENIOR RESOURCE CENTER'S Arcata October, 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Ham & Bean Soup Hawaiian Coleslaw Corn Bread Peaches <div style="text-align: right;">2</div>	Spinach Lasagna Green Salad Whole Wheat Roll Fruit Cocktail <div style="text-align: right;">3</div>	Seafood Newburg Rice Pilaf Garden Vegetable Blend Mandarin Oranges <div style="text-align: right;">4</div>	Taco Salad With Beef, Beans, Lettuce, Tomato, Cheese, Chips & Salsa Strawberries <div style="text-align: right;">5</div>	Chicken Parmesan Ratatouille Whole Wheat Roll Apricots <div style="text-align: right;">6</div>
Chicken Noodle Casserole Spring Vegetables Whole Wheat Roll Peaches <div style="text-align: right;">9</div>	Sloppy Joes Whole Wheat Bun Cole Slaw Roasted Sweet Potatoes Apricots <div style="text-align: right;">10</div>	Pork w/ Apple Gravy Rice Pilaf Spring Vegetables Blend Fruit Cocktail <div style="text-align: right;">11</div>	Cheese Ravioli with Tomato Cream Sauce Tomato Basil Salad Whole Wheat Roll Honeydew <div style="text-align: right;">12</div>	Baked Cod Dijonnaise Scalloped Potatoes Pacific Blend Whole Wheat Roll Pears <div style="text-align: right;">13</div>
Spaghetti & Meatballs Italian Blend Veggies Breadstick Watermelon <div style="text-align: right;">16</div>	Salisbury Steak Mashed Potatoes San Francisco Blend Whole Wheat Roll Tropical Fruit <div style="text-align: right;">17</div>	Summer Berry Salad Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Whole Wheat Roll Pumpkin Custard <div style="text-align: right;">18</div>	Chicken Pesto Sandwich White Bean & Tomato Salad Whole Wheat Bun Apricots <div style="text-align: right;">19</div>	Pot Roast Roasted Red Potatoes Peas & Carrots Whole Wheat Dinner Roll Cantaloupe <div style="text-align: right;">20</div>
Macaroni & Cheese Rainbow Coleslaw Whole Wheat Roll Fruit Cocktail <div style="text-align: right;">23</div>	Shrimp & Linguini Bahamas Blend Vegetables Mandarin Orange Whole Wheat Roll <div style="text-align: right;">24</div>	Philly Cheese Steak on Whole Wheat Hoagie Broccoli Salad Peaches <div style="text-align: right;">25</div>	Braised Pork Stew Mashed Potatoes German Blend Vegetables WW Demi Loaf Honeydew Melon <i>Birthday Cake!!!</i> <div style="text-align: right;">26</div>	Chicken with Fire Roasted Tomatoes Fresh Spinach Missouri River Medley Tropical Fruit <div style="text-align: right;">27</div>
Turkey Chili Scandinavian Blend Vegetables Corn Bread Honeydew Melon <div style="text-align: right;">30</div>	Ghoul-lash Goblin Green Beans Poison Carmel Apples Bread Finger Candy Corn Parfait  <i>Happy Halloween</i> <div style="text-align: right;">31</div>			

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

For Reservations Call: ARCATA @ 825-2027 ~ EUREKA @ 442-1181~ FORTUNA @ 725-6245 ~ Pop-up Locations @707-496-7036

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