





HUMBOLDT SENIOR RESOURCE CENTER'S September 2023 MENU

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--|---|---|--|--|
|  |  |  | Baked Cod Dijonnaise Scalloped Potatoes Pacific Blend Whole Wheat Roll Pears 1 | |
|  Labor Day All Sites Closed 4 | Salisbury Steak Mashed Potatoes San Francisco Blend Whole Wheat Roll Tropical Fruit 5 | Summer Berry Salad Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Whole wheat Roll Pumpkin Custard 6 | Chicken Pesto Sandwich White Bean & Tomato Salad Whole Wheat Bun Apricots 7 | Old Fashion Goulash Peas & Carrots WW Dinner Roll Cantaloupe 8 |
| Macaroni & Cheese Rainbow Coleslaw WW Roll Fruit Cocktail 11 | Shrimp & Linguini Bahamas Vegetables Mandarin Orange Whole Wheat Roll 12 | Philly Cheese Steak on WW Hoagie Broccoli Salad Peaches 13 | Braised Pork Stew Red Potatoes German Blend Vegetables Bavarian Demi Loaf Honeydew Melon 14 | Chicken w/Fire Roasted Tomatoes Fresh Spinach Missouri River Pasta Salad Carmel Apple Slices 15 |
| Turkey Chili Scandinavian Blend Vegetables Corn Bread Honeydew Melon 18 | Chinese Chicken Salad w/Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing, Fortune Cookie, WW Roll Strawberries 19 | Pulled Pork Sandwich Coleslaw with Carrots Whole Wheat Bun Peaches 20 | Lemon Dill Fish Citrus Couscous Salad Garden Blend Vegetables Mandarin Orange Delight Birthday Cake!!! 21 | Cheese Tortellini w/ Alfredo Sauce Spinach Salad Whole Wheat Roll Cantaloupe 22 |
| Beef Stew Spinach Orange Salad Whole Wheat Roll Mandarin Orange 25 | Mediterranean Chicken Cherry Tomato Quinoa Mediterranean Vegetables Grapes 26 | Meat Loaf & Gravy Red Potatoes Sliced Carrots Bavarian Demi Loaf Honeydew 27 | Boeuf Bourguignon Mashed Potato's Sliced Carrots WW Roll Apricots 28 | Almond Chicken Fried Rice Stir Fry Vegetables Mandarin Delight 29 |

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

