




## HUMBOLDT SENIOR RESOURCE CENTER'S April 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Spaghetti W/Meatballs</b> Spinach w/Garlic &amp; Onions Bavarian Demi Loaf Peaches</p> <p style="text-align: right;">1</p>	<p><b>½ Chicken Salad Sandwich &amp; Broccoli Cheese Soup</b> Quinoa Salad Grapes</p> <p style="text-align: right;">2</p>	<p><b>Chicken Fried Steak</b> Mashed Potatoes w/Gravy Green Beans WW Roll Mandarin Oranges</p> <p style="text-align: right;">3</p>	<p><b>Pineapple Baked Ham</b> Scalloped Potatoes Peas &amp; Carrots, Wheat Roll Fresh Fruit Cup  Carrot Cake  <i>Holiday Meal</i></p> <p style="text-align: right;">4</p>	<p><b>Lemon Herb Fish</b> Scandinavian Blend Citrus Couscous Salad Honeydew Melon</p> <p style="text-align: right;">5</p>
<p><b>Salisbury Steak</b> Mashed Potatoes Peas &amp; Carrots Bavarian Dark Bread Apricot</p> <p style="text-align: right;">8</p>	<p><b>Crustless Quiche</b> Potatoes O'Brien Scandinavian Blend Vegetables WW Biscuit Fruit Cocktail</p> <p style="text-align: right;">9</p>	<p><b>Beef Stroganoff w/ Egg Noodles</b> California Blend Vegetables Wheat Roll Mandarin Delight</p> <p style="text-align: right;">10</p>	<p><b>Ham &amp; Bean Soup</b> Tomato Basil Salad Corn Bread Cantaloupe</p> <p style="text-align: right;">11</p>	<p><b>BBQ Chicken</b> Baked Potato Corn w/ Red Peppers Strawberries WW Bread Stick</p> <p style="text-align: right;">12</p>
<p><b>Chicken Noodle Casserole</b> Spring Vegetables Wheat Roll Peaches</p> <p style="text-align: right;">15</p>	<p><b>Baked Fish Dijonnaise</b> Scalloped Potatoes Pacific Blend Vegetables WW Roll Pears</p> <p style="text-align: right;">16</p>	<p><b>BBQ Pork Rib</b> Rice Pilaf Mixed Vegetables Watermelon</p> <p style="text-align: right;">17</p>	<p><b>Taco Salad</b> Beef, Beans, Cheese, Lettuce, Tomato, Chips &amp; Salsa Grapes</p> <p style="text-align: right;">18</p>	<p><b>Stuffed Baked Potato</b> Garden Blend Vegetables Tropical Fruit Salad Bavarian Demi Loaf</p> <p style="text-align: right;">19</p>
<p><b>Meat Loaf w/ Gravy</b> Mashed Potatoes California Blend Vegetable WW Demi Loaf Pineapple</p> <p style="text-align: right;">22</p>	<p><b>Split Pea Soup w/ Ham</b> Mediterranean Coleslaw WW Roll Tropical Fruit</p> <p style="text-align: right;">23</p>	<p><b>Green Chili Egg Bake</b> SF Blend Vegetables WW Biscuit Cantaloupe</p> <p style="text-align: right;">24</p>	<p><b>Chicken Parmesan</b> Ratatouille Apricots WW Garlic Bread Stick</p> <p style="text-align: right;">25</p>	<p><b>Shepard's Pie</b> Green Beans w/ Red Peppers Bavarian Demi Loaf Peaches</p> <p style="text-align: right;">26</p>
<p><b>Creamy Chicken &amp; Veggies</b> SF Blend Vegetables WW Biscuit Pears &amp; Raisins</p> <p style="text-align: right;">29</p>	<p><b>Hot Roast Beef Sandwich</b> Mashed Potatoes w/Gravy Coleslaw w/ Carrots WW Bread Watermelon</p> <p style="text-align: right;">30</p>			

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


**Heritage Café**  
 HSRC Nutrition & Activities Program

\$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