







## Humboldt Senior Resource Center Lunch Menu

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Fish w/ Sundried Tomato Pesto</b> Scalloped Potatoes Prince William Veggies Whole Wheat Roll Tropical Fruit 1	<b>Chinese Chicken Salad</b> w/Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing, Fortune Cookie, Cantaloupe 2	<b>Tamale Pie</b> Spanish Rice Black Bean and Corn Salad Pineapple & Flan  3
<b>Chicken w/ Fire Roasted Tomato</b> Spinach Tomato Couscous Green Beans w/ Red Peppers Caramel Apple Slices 6	<b>Macaroni &amp; Cheese</b> Rainbow Cole Slaw Fruit Cocktail Whole Wheat Roll 7	<b>Chile Verde Tacos</b> Black Beans, Corn & Rice Mexican Cole Slaw Pineapple Rings 8	 <b>Mother's Day Brunch</b> Spinach, Ham & Cheese Quiche, Potatoes O'Brien Cheese Blintz with Blueberry Sauce, Fresh Fruit, WW Biscuit  <b>Mother's Day!!!</b> 9	<b>Heritage Cafés closed –</b> <b>Join us for HSRC's 50<sup>th</sup></b> <b>Anniversary Block Party</b> <b>at HSRC in Eureka from</b> <b>11:30 am to 1:30 pm.</b> <b>Food, live music and more!</b> 10
<b>Spaghetti W/Meatballs</b> Spinach w/Garlic & Onions Whole Wheat Roll Peaches 13	<b>½ Chicken Salad Sandwich &amp; Broccoli Cheese Soup</b> Quinoa Salad Grapes 14	<b>Lemon Herb Fish</b> Garden Blend Citrus Couscous Salad Honeydew Melon 15	<b>Chicken Fried Steak</b> Mashed Potatoes w/Gravy Green Beans Whole Wheat Roll Mandarin Oranges 16	<b>Chicken Marsala</b> Mediterranean Couscous San Francisco Blend Orange Ambrosia 17
<b>Salisbury Steak</b> Mashed Potatoes Peas & Carrots Honey Wheat Demi Loaf Apricot 20	<b>Crustless Quiche</b> Potatoes O'Brien Scandinavian Blend Vegetables WW Biscuit Fruit Cocktail 21	<b>Beef Stroganoff w/ Egg Noodles</b> California Blend Vegetables Wheat Roll Mandarin Delight 22	<b>Ham &amp; Bean Soup</b> Hawaiian Cole Slaw Corn Bread Cantaloupe 23	<b>BBQ Chicken</b> Roasted Red Potato's Corn w/ Red Peppers Strawberries Whole Wheat Roll 24
 27 <b>All Dining Sites Closed</b>	<b>Baked Fish Dijonnaise</b> Scalloped Potatoes Pacific Blend Vegetables Whole Wheat Roll Pears 28	<b>BBQ Pork Rib</b> Rice Pilaf Mixed Vegetables Watermelon 29	<b>Taco Salad</b> Beef, Beans, Cheese, Lettuce, Tomato, Chips & Salsa Grapes 30	<b>Stuffed Baked Potato</b> Garden Blend Vegetables Tropical Fruit Salad Honey Wheat Demi Loaf  31

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.

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. A

 The salt shaker indicates a higher sodium meal