

HUMBOLDT SENIOR RESOURCE CENTER'S October 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Ham and Bean Soup Pineapple Coleslaw Cornbread Peaches <div style="text-align: right;">1</div>	Taco Salad With Beef, Beans, Lettuce, Tomato, Cheese, Chips & Salsa Strawberries <div style="text-align: right;">2</div>	Braised Beef Roast Roasted Potatoes Broccoli Rabe and Carrots Whole Wheat Dinner Roll Baked Apples <i>Fresh and Local</i> <div style="text-align: right;">3</div>	Seafood Newburg Rice Pilaf Key Largo Vegetable Blend Mandarin Oranges <div style="text-align: right;">4</div>
Hot Turkey Sandwich Whole Wheat Bread Cranberry Sauce Mashed Potatoes w/ Gravy Carrots Cantaloupe <div style="text-align: right;">7</div>	Sloppy Joes Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Apricots <div style="text-align: right;">8</div>	Braised Pork w/ Apples Rice Pilaf Capri Vegetable Blend Fruit Cocktail <div style="text-align: right;">9</div>	Baked Cod Dijonnaise Scalloped Potatoes Pacific Vegetable Blend Whole Wheat Roll Pears w/ Raisins <div style="text-align: right;">10</div>	Cheese Ravioli with Tomato Cream Sauce Tomato Basil Salad Whole Wheat Roll Honeydew <div style="text-align: right;">11</div>
Spaghetti & Meatballs Italian Blend Veggies Whole Wheat Breadstick Watermelon <div style="text-align: right;">14</div>	Braised Pork Stew Roasted Red Potatoes California Vegetable Blend Whole Wheat Roll Honeydew Melon <div style="text-align: right;">15</div>	Chicken Pear Salad Sliced Beets Honey Demi Loaf Cantaloupe <div style="text-align: right;">16</div>	Chicken Pesto Sandwich White Bean & Tomato Salad Whole Wheat Bun Apricots <div style="text-align: right;">17</div>	Salisbury Steak w/ Gravy Mashed Potatoes Key Largo Vegetable Blend Whole Wheat Dinner Roll Tropical Fruit <div style="text-align: right;">18</div>
Macaroni & Cheese Rainbow Coleslaw Whole Wheat Roll Fruit Cocktail <div style="text-align: right;">21</div>	Shrimp & Linguini Bahamas Vegetable Blend Whole Wheat Breadstick Mandarin Oranges <div style="text-align: right;">22</div>	Meatloaf w/ Gravy Baked Sweet Potatoes Green Beans & Red Peppers Honey Wheat Demi Loaf Peaches <div style="text-align: right;">23</div>	Beef Stew Roasted Delicata Squash w/ Rutabaga & Carrots Whole Wheat Dinner Roll Baked Apples <i>Fresh and Local</i> <div style="text-align: right;">24</div>	Chicken with Fire Roasted Tomatoes Fresh Spinach Missouri River Medley Whole Wheat Roll Caramel Apples <div style="text-align: right;">25</div>
Turkey Chili Key Largo Vegetable Blend Corn Bread Honeydew Melon <div style="text-align: right;">28</div>	Gyros w/ Tzatziki Sauce Whole Wheat Pita Potato Salad Carrots and Celery Sticks Peaches <div style="text-align: right;">29</div>	Soup & Sand-Witch ½ Chicken Salad Sandwich Vegetable Lentil Soup Apple Feta Salad Strawberries <div style="text-align: right;">30</div>	Roast Beast Boo-rocoli Salad Poison Carmel Apples Bread Finger Birthday Cake <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