

HUMBOLDT SENIOR RESOURCE CENTER'S April 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Spaghetti & Meatballs Spinach w/ Garlic & Onions Whole Wheat Roll Peaches 1	½ Chicken Salad Sandwich & Broccoli Cheese Soup Quinoa Salad Grapes 2	Lemon Herb Baked Cod Pacific Vegetable Blend Citrus Couscous Salad Honey Wheat Demi Loaf Honeydew 3	Chicken Noodle Casserole California Vegetable Blend Whole Wheat Roll Cantaloupe 4
Salisbury Steak w/ Gravy Mashed Potatoes California Vegetable Blend Honey Wheat Demi Pineapple 7	Spinach & Cheese Crustless Quiche Roasted Red Potatoes Zucchini Salad w/ Red Onions Whole Wheat Biscuit Cantaloupe 8	Creole Shrimp Brown Rice Peas & Carrots Mandarin Oranges 9	Quinoa Chili Hawaiian Coleslaw Whole Wheat Biscuit Grapes 10	BBQ Chicken Spring Potato Salad Roasted Corn & Peppers Whole Wheat Roll Watermelon 11
Chicken Marsala Mediterranean Couscous Pacific Vegetable Blend Whole Wheat Roll Winter Fruit Salad 14	Baked Cod Dijonnaise Scalloped Potatoes Spinach Salad Honey Wheat Demi Grapes 15	Brunswick Stew Brown Rice Green Beans Cabbage Fruit Salad 16	Pineapple Baked Ham Scalloped Potatoes Zucchini & Yellow Squash Whole Wheat Roll Fresh Fruit Salad Jello Cake  <i>Holiday Meal</i> 17	Honey Baked Chicken & Apples Macaroni & Cheese Rainbow Coleslaw Fruit Cocktail 18
Vegetable Beef & Barley Stew Roasted Red Potatoes Chuckwagon Vegetable Blend Whole Wheat Roll Pineapple 21	Chili Verde Black Beans, Corn & Brown Rice Southwest Coleslaw Tropical Fruit 22	Greek Chicken Bowl Quinoa Pilaf Tomato Cucumber Salad Cantaloupe 23	BBQ Turkey Stuffed Peppers Zucchini Sauté Whole Wheat Roll Strawberries <i>Cal Fresh Meal</i> <i>Birthday Cake!!!</i> 24	Sloppy Joe Green Beans w/ Red Peppers Whole Wheat Bun Peaches 25
Chicken & Broccoli Pasta Whole Wheat Breadstick Carrots Pears & Raisins 28	Hot Roast Beef Sandwich Mashed Potatoes w/ Gravy Coleslaw w/ Carrots Watermelon 29	Cheese Tortellini w/ Marinara White Bean & Tomato Salad Apple Feta Salad Whole Wheat Roll Cantaloupe 30		

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

