





Humboldt Senior Resource Center August 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				Chicken Noodle Soup Zucchini & Red Onion Salad Whole Wheat Roll Apple Sauce I
BBQ Chicken Baked Potato California Vegetable Blend Whole Wheat Roll Watermelon 4	Meatball Sandwich Whole Wheat Hoagie Italian Vegetable Blend Cantaloupe 5	Shrimp Fajitas Whole Wheat Tortilla Cilantro Lime Quinoa Southwest Coleslaw Pineapple 6	Sandwich & Salad Chicken Salad Sandwich w/ Lettuce & Tomato Beet Salad Strawberries 7	Pork w/ Lentils & Mushrooms Fresh Spinach Whole Wheat Roll Tropical Fruit 8
Cheese Ravioli w/ Lentil Ragu Citrus Spinach Salad Whole Wheat Breadstick Honeydew II	Turkey Broccoli Au Gratin Brown Rice Pilaf Carrots Strawberries 12	Beef Stew Spinach Orange Salad Whole Wheat Roll Mandarin Oranges 13	Sloppy Joe Whole Wheat Bun Green Beans w/ Red Peppers Peaches 14	Chef Salad Turkey, Hard Boiled Egg, Mozzarella, Tomatoes & Peas Over Romaine, Carrots & Cabbage Honey Wheat Demi Loaf Cantaloupe 15
Ham & Bean Soup Hawaiian Coleslaw Whole Wheat Cornbread Peaches 18	Creamy Garlic Beef Whole Wheat Spaghetti Spinach w/ Garlic & Onions Grapes 19	Green Chili Egg Bake Roasted Red Potatoes Zucchini & Yellow Squash Whole Wheat Biscuit Watermelon 20	Chicken Gyro w/ Tzatziki Tomato Cucumber Salad Whole Wheat Flatbread Cantaloupe 21	Fish Taco w/ Salsa Whole Wheat Tortilla Spanish Rice Southwest Coleslaw Pineapple 22
Italian Wedding Soup Tomatoes & Cucumber Whole Wheat Roll Mandarin Oranges 25	Pesto Chicken Sandwich Whole Wheat Bun Potato Salad Tomato Basil Salad Cantaloupe 26	Cheese Manicotti Marinara Sauce Lentils w/ Basil Vinaigrette Zucchini Sauté Whole Wheat Breadstick Honeydew 27	Hawaiian Chicken Brown Rice Rainbow Coleslaw Tropical Fruit  Summer Luau Birthday Cake  28	Summer Berry Salad Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Whole Wheat Roll Ambrosia 29

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.

\$3.50 is the suggested contribution. No senior 60+ will be denied a meal. For those under 60 there is a fee.



Heritage Café

HSRC Nutrition & Activities Program



saltshaker indicates a higher sodium meal

reservation daily

