

HUMBOLDT SENIOR RESOURCE CENTER'S July 2024 HERITAGE CAFÉ MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Tortellini Spinach Salad Whole Wheat Breadstick Cantaloupe 1	Lemon Dill Fish Citrus Couscous Salad Scandinavian Vegetables Whole Wheat Roll Mandarin Orange Delight 2	Hamburger With Lettuce, Tomato, Red Onion and Mayo Potato Salad Watermelon, Cookie <i>Independence Day</i> 3	 ALL SITES CLOSED! 4	 ALL SITES CLOSED 5
BBQ Pork Rib Summer Pasta Salad Sweet-n-Sunny Slaw Watermelon 8	Mediterranean Chicken Cherry Tomato Quinoa Salad Mediterranean Vegetable Grapes 9	Meat Loaf & Gravy Red Potatoes Sliced Carrots Bavarian Demi Loaf Honeydew 10	Beef Stew Spinach Orange Salad Whole Wheat Roll Mandarin Orange 11	Almond Chicken Stir Fry Vegetables Fried Rice Mandarin Delight 12
Ham & Bean Soup Hawaiian Coleslaw Corn Bread Peaches 15	Spinach Lasagna Green Salad Whole Wheat Breadstick Fruit Cocktail 16	Chicken Parmesan Ratatouille Whole Wheat Roll Apricots 17	Taco Salad With Beef, Beans, Lettuce, Tomato, Cheese, Chips & Salsa Strawberries 18	Seafood Newburg Rice Pilaf Garden Vegetable Blend Mandarin Oranges 19
Chicken Noodle Casserole Spring Vegetables Whole Wheat Roll Peaches 22	Sloppy Joes Whole Wheat Bun Rainbow Cole Slaw Roasted Sweet Potatoes Apricots 23	Pork Chop w/ Apple Gravy Rice Pilaf Spring Vegetables Fruit Cocktail 24	Cheese Ravioli with Tomato Cream Sauce Tomato Basil Salad Whole Wheat Roll Honeydew <i>Birthday Cake!!!</i> 25	Baked Cod Dijonnaise Scalloped Potatoes S.F. Blend Vegetables Whole Wheat Roll Pears 26
Spaghetti & Meatballs Italian Blend Veggies Whole Wheat Breadstick Watermelon 29	Salisbury Steak Mashed Potatoes San Francisco Blend Whole Wheat Roll Tropical Fruit 30	Summer Berry Salad Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Whole Wheat Roll Pumpkin Custard 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.

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