


Humboldt Senior Resource Center August 2024 HERITAGE CAFÉ MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Pesto Sandwich White Bean & Tomato Salad Whole Wheat Bun Apricots 1	Old Fashion Goulash Peas & Carrots Whole Wheat Roll Cantaloupe 2
Macaroni & Cheese Rainbow Coleslaw Fruit Cocktail WW Dinner Roll 5	Shrimp & Linguini Bahamas Blend Vegetables Mandarin Orange Breadstick 6	Philly Cheese Steak on WW Hoagie Broccoli Salad Peaches 7	Braised Pork Stew Roasted Red Potatoes German Blend Vegetables Whole Wheat Roll Honeydew Melon 8	Chicken w/Fire Roasted Tomatoes Missouri River Medley Caramel Apple WW Roll 9
Turkey Chili Roasted Corn & Red Peppers Corn Bread Honeydew Melon 12	Chinese Chicken Salad w/Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing, WW Bread stick, Strawberries 13	Pulled Pork Sandwich Coleslaw with Carrots Whole Wheat Bun Tropical Fruit 14	 Hawaiian Chicken Pacific Vegetables Pineapple Fried Rice Tropical Fruit Banana Coconut Cake ~ <i>Hawaiian Luau</i> ~ 15	Lemon Dill Fish Citrus Couscous Salad Capri Vegetables Mandarin Orange Delight WW Roll 16
Meat Loaf & Gravy Red Potatoes Sliced Carrots Bavarian Demi Loaf Honeydew 19	Mediterranean Chicken Cherry Tomato Quinoa Mediterranean Vegetables Grapes 20	Beef Stew Spinach Orange Salad Wheat Dinner Roll Mandarins 21	Chicken Caesar Salad Sliced Beets WW Bread Stick Cantaloupe 22	Almond Chicken Stir Fry Vegetables Fried Rice Mandarin Delight 23
Ham & Bean Soup Hawaiian Coleslaw Corn Bread Peaches 26	Spinach Lasagna Green Salad Whole Wheat Roll Fruit Cocktail 27	Seafood Newburg Brown Rice Pilaf Garden Vegetable Blend Mandarin Oranges 28	Taco Salad With Beef, Beans, Lettuce, Tomato, Cheese, Chips & Salsa Strawberries 29	Chicken Parmesan Ratatouille Whole Wheat Roll Apricots 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.

A 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.



The salt shaker indicates a higher sodium meal