



Humboldt Senior Resource Center Lunch Menu

September, 2025

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Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day !!! All Sites Closed 1	BBQ Chicken Sandwich Whole Wheat Bun Broccoli Salad Potato Salad Watermelon Happy Labor Day!!! 2	Vegetable Lentil Soup Green Beans Whole Wheat Breadstick Applesauce 3	Lemon Herb Cod Citrus Couscous Whole Wheat Roll Key Largo Vegetables Grapes 4	Mediterranean Chicken Mediterranean Quinoa Ratatouille Peaches 5
Tuna Casserole Carrots Cabbage Fruit Salad Whole Wheat Roll Grapes 8	Three Bean Chili Roasted Root Vegetables Whole Wheat Corn Bread Strawberries w/ Banana Cream CalFresh Meal 9	Philly Cheesesteak Whole Wheat Hoagie Broccoli Salad Peaches 10	Turkey Meatloaf w/ Tomato Gravy Roasted Sweet Potatoes Whole Wheat Roll Beet Salad Cantaloupe 11	Staff Appreciation Day ALL SITES CLOSED 12
BBQ Chicken Baked Potato California Vegetable Blend Whole Wheat Roll Watermelon 15	Meatball Sandwich Whole Wheat Hoagie Italian Vegetable Blend Cantaloupe 16	Shrimp Fajitas Whole Wheat Tortilla Cilantro Lime Quinoa Southwest Coleslaw Pineapple 17	Sandwich & Salad Chicken Salad Sandwich Beet Salad Strawberries 18	Pork w/ Lentils & Mushrooms Fresh Spinach Whole Wheat Roll Tropical Fruit 19
Cheese Ravioli w/ Lentil Ragu Cirus Spinach Salad Whole Wheat Breadstick Honeydew 22	Turkey Broccoli au Gratin Brown Rice Pilaf Carrots Strawberries 23	Beef Stew Spinach Salad Whole Wheat Roll Mandarin Oranges 24	Turkey Chili Baked Potato Whole Wheat Biscuit Roasted Corn & Peppers Watermelon Birthday Cake!!! 25	Chef Salad Turkey, Hard Boiled Egg, Mozzarella, Tomatoes & Peas Over Romaine, Carrots & Cabbage Honey Wheat Demi Loaf Cantaloupe 26
Ham & Bean Soup Hawaiian Coleslaw Whole Wheat Cornbread Peaches 29	Creamy Garlic Beef Whole Wheat Spaghetti Spinach w/ Garlic & Onions Grapes 30	<div>Heritage Café HSRC Nutrition & Activities Program</div>		
<p>Arcata and Eureka lunch served 11:30 am – 12:30 pm, Fortuna lunch served 12:00 pm – 12:30 pm Days vary by site</p> <p>For Reservations Call: ARCATA@825-2027 ~ EUREKA@443-9747~ FORTUNA @725-6245 ~ Pop-up Locations@707-496-7036</p> <p>Menus are subject to change without notice. A vegetarian alternative is available by reservation daily Low-fat or nonfat milk is served with each meal</p> <p>The saltshaker indicates a higher sodium meal  Heritage Café and Meals on Wheels Redwood Coast are programs of Humboldt Senior Resource Center</p> <p>For those 60+, there is a suggested contribution of \$3.50. No senior 60+ will be denied a meal.</p> <p>For those under 60 there is a \$10 fee.</p>				