

HUMBOLDT SENIOR RESOURCE CENTER'S December 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Shephard's Pie Whole Wheat Roll Green Beans Applesauce 1	½ Sandwich & Soup Turkey & Cheese Sandwich Tomato Basil Soup White Bean Salad Grapes 2	Chicken Cordon Bleu Country Gravy Whole Wheat Roll Key Largo Vegetable Blend Pineapple 3	Shrimp Linguini Whole Wheat Breadstick Bahamas Vegetable Blend Mandarin Oranges 4	Salisbury Steak Mashed Potatoes & Gravy Whole Wheat Roll Green Beans w/ Carrots Tropical Fruit 5
Crispy Fish Sandwich Whole Wheat Bun Rainbow Coleslaw Tropical Fruit 8	Chicken Marsala Creamy Polenta Honey Wheat Demi Loaf Tomatoes W/ Zucchini & Spinach Pineapple 9	Breakfast for Lunch Whole Grain Waffle w/ Syrup Turkey Sausage Links Sauteed Zucchini & Squash Fresh Orange 10	Beef & Bean Chili Baked Potato Whole Wheat Roll Pacific Vegetable Blend Applesauce 11	Butternut Squash Chicken Pasta Whole Wheat Rotini Pasta Apple Feta Salad Mandarin Oranges 12
Beef Stroganoff Egg Noodles Honey Wheat Demi Loaf Peas & Carrots Applesauce 15	Chicken Parmesan Sandwich Whole Wheat Bun Italian Vegetable Blend Mandarin Oranges 16	Crustless Turkey Pot Pie Whole Wheat Biscuit Zucchini & Red Onion Salad Peaches 17	 Pineapple Glazed Baked Ham Mashed Potatoes Roasted Root Vegetables Whole Wheat Roll Cranberry Poached Pear Christmas Cake <i>Holiday Meal</i> 18	Fiesta Salad Seasoned Beef & Black Beans w/ Brown Rice Romaine Lettuce w/ Salsa, Sour Cream, Cheese & Tortilla Strips Pineapple 19
Sesame Stir Fry Chicken Brown Rice Steamed Broccoli Mandarin Oranges 22	Chili Verde Tacos Whole Wheat Tortilla Brown Rice w/ Black Beans & Corn Southwest Coleslaw Pineapple 23	MERRY CHRISTMAS ALL SITES CLOSED 24	MERRY CHRISTMAS ALL SITES CLOSED 25	MERRY CHRISTMAS ALL SITES CLOSED 26
Turkey Sausage w/ Egg Whole Wheat Biscuit Brunch Potatoes Tomato Salad Fresh Orange 29	Roast Pork w/ Black Eyed Peas & Stewed Cabbage Honey Wheat Demi Loaf Fruit Salad Black Forest Cake <i>New Years Holiday Meal</i> 30	Fish Taco w/ Salsa Whole Wheat Tortilla Spanish Brown Rice Southwest Coleslaw Tropical Fruit 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.
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 saltshaker indicates a higher sodium meal

