

HUMBOLDT SENIOR RESOURCE CENTER'S January 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			 ALL Sites Closed 1	Baked Chicken Thigh w/ Mushroom Gravy Brown Rice Spinach w/ Garlic & Onions Pineapple 2
Cheeseburger Whole Wheat Bun Macaroni Salad Roasted Corn w/ Peppers & Onions Peaches 5	Apple Braised Pork Quinoa Pilaf Roasted Butternut Squash Fresh Oranges 6	Chicken Caesar Salad Whole Wheat Breadstick Beet Salad Applesauce 7	Beef Burgundy Scalloped Potatoes Honey Wheat Demi Loaf Spinach Salad Fruit Cocktail 8	Unstuffed Cabbage Roll Brown Rice Pilaf Peas & Red Peppers Tropical Fruit 9
Shepherd's Pie Whole Wheat Roll Green Beans Applesauce 12	½ Sandwich & Soup Turkey & Cheese Sandwich Tomato Basil Soup White Bean Salad Grapes 13	Chicken Cordon Bleu Country Gravy Whole Wheat Roll Key Largo Vegetable Blend Pineapple 14	Shrimp Linguini Whole Wheat Breadstick Bahamas Vegetable Blend Mandarin Oranges 15	Salisbury Steak Mashed Potatoes & Gravy Whole Wheat Roll Green Beans w/ Carrots Tropical Fruit 16
 Martin Luther King Day All Sites Closed 19	Chicken Marsala Creamy Polenta Honey Wheat Demi Loaf Tomatoes W/ Zucchini & Spinach Pineapple 20	Clam Chowder Whole Wheat Roll Cranberry Spinach Salad Tropical Fruit 21	Beef & Bean Chili Baked Potato Whole Wheat Roll Pacific Vegetable Blend Applesauce 22	Butternut Squash Chicken Pasta Whole Wheat Rotini Pasta Apple Feta Salad Mandarin Oranges 23
Beef Stroganoff Egg Noodles Honey Wheat Demi Loaf Peas & Carrots Applesauce 26	Chicken Parmesan Sandwich Whole Wheat Bun Italian Vegetable Blend Mandarin Oranges 27	Crustless Turkey Pot Pie Whole Wheat Biscuit Zucchini & Red Onion Salad Peaches 28	Fiesta Salad Seasoned Beef & Black Beans w/ Brown Rice Romaine Lettuce w/ Salsa, Sour Cream, Cheese & Tortilla Strips & Pineapple BIRTHDAY CAKE!!! 29	Braised Pork Stew Whole Wheat Roll Green Beans & Carrots Tropical Fruit 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 @ 443-9747~ 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



The salt shaker indicates a higher sodium meal

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