

Humboldt Senior Resource Center Lunch Menu February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Sesame Stir Fry Chicken Brown Rice Steamed Broccoli Mandarin Oranges <div style="text-align: right;">2</div>	Chili Verde Tacos Whole Wheat Tortilla Brown Rice w/ Black Beans & Corn Southwest Coleslaw Pineapple <div style="text-align: right;">3</div>	Spaghetti w/ Beef Bolognese Whole Wheat Spaghetti Green Salad w/ Ranch Garlic Breadstick Peaches <div style="text-align: right;">4</div>	Three Bean Lentil Chili Whole Wheat Cornbread Green Beans Fruit Cocktail <div style="text-align: right;">5</div>	Greek Chicken Orzo Pasta Salad Honey Wheat Demi Fresh Spinach Grapes <div style="text-align: right;">6</div>
Turkey Sausage w/ Egg Whole Wheat Biscuit Brunch Potatoes Tomato Salad Fresh Orange <div style="text-align: right;">9</div>	Chicken Corn Chowder Whole Wheat Roll Beet Salad Fruit Cocktail <div style="text-align: right;">10</div>	Old Fashion Goulash Whole Wheat Roll Peas & Carrots Fresh Apple <div style="text-align: right;">11</div>	Fish Taco w/ Salsa Whole Wheat Tortilla Spanish Brown Rice Southwest Coleslaw Tropical Fruit <i>Happy Valentines Day</i> <div style="text-align: right;">12</div>	Baked Chicken Thigh w/ Mushroom Gravy Brown Rice Spinach w/ Garlic & Onions Pineapple <div style="text-align: right;">13</div>
 All Dining Sites Closed Presidents Day <div style="text-align: right;">16</div>	Apple Braised Pork Quinoa Pilaf Roasted Butternut Squash Fresh Oranges <div style="text-align: right;">17</div>	Beef Burgundy Scalloped Potatoes Honey Wheat Demi Loaf Spinach Salad Fruit Cocktail <div style="text-align: right;">18</div>	Shrimp & Chicken Gumbo Red Beans & Rice Mardi Gras Asparagus Salad Whole Wheat Cornbread Tropical Fruit Banana Pudding  <i>Mardi Gras!!!!</i> <div style="text-align: right;">19</div>	Unstuffed Cabbage Roll Brown Rice Pilaf Peas & Red Peppers Tropical Fruit <div style="text-align: right;">20</div>
Shephard's Pie Whole Wheat Roll Green Beans Applesauce <div style="text-align: right;">23</div>	½ Sandwich & Soup Turkey & Cheese Sandwich Tomato Basil Soup White Bean Salad Grapes <div style="text-align: right;">24</div>	Chicken Cordon Bleu Country Gravy Whole Wheat Roll Key Largo Vegetable Blend Pineapple <div style="text-align: right;">25</div>	Shrimp Linguini Whole Wheat Breadstick Bahamas Vegetable Blend Mandarin Oranges <i>Birthday Cake!!!!</i> <div style="text-align: right;">26</div>	Salisbury Steak Mashed Potatoes & Gravy Whole Wheat Roll Green Beans w/ Carrots Tropical Fruit <div style="text-align: right;">27</div>
				

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