

## HUMBOLDT SENIOR RESOURCE CENTER'S Heritage Café April 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Philly Cheesesteak</b> Whole Wheat Hoagie Three Bean Salad Carrot Coleslaw Fruit Cocktail	<b>Chicken Cordon Bleu</b> Honey Mustard Cream Sauce Quinoa Pilaf Spring Vegetable Medley Fresh Fruit Salad Hummingbird Cake <i>Spring Holiday Meal</i>	<b>Mediterranean Braised Pork</b> Whole Wheat Flatbread Cucumber Salad Apricots
		<small>1</small>	<small>2</small>	<small>3</small>
<b>Fire Roasted Tomato Chicken</b> Honey Wheat Demi Spinach Tomato Couscous Green Beans Applesauce <span style="float: right;"><b>6</b></span>	<b>Turkey Chili</b> Baked Potato Whole Wheat Cornbread Steamed Broccoli Fruit Cocktail <span style="float: right;"><b>7</b></span>	<b>Stuffed Peppers</b> Whole Wheat Roll Zucchini Sautee Strawberries <span style="float: right;"><b>8</b></span>	<b>Pesto Chicken Sandwich</b> Whole Wheat Bun Mediterranean Coleslaw Cantaloupe <span style="float: right;"><b>9</b></span>	<b>Shrimp Louie Salad</b> Lettuce, Tomato, Olives, Hard Boiled Egg Whole Wheat Roll Tropical Fruit <span style="float: right;"><b>10</b></span>
		<small>8</small>	<small>9</small>	<small>10</small>
<b>Green Chili Pork Stew</b> Spanish Brown Rice Zucchini w/ Corn & Peppers Apricots <span style="float: right;"><b>13</b></span>	<b>Spaghetti &amp; Chicken Meatballs</b> Marinara Sauce Spinach w/ Garlic & Onions Applesauce <span style="float: right;"><b>14</b></span>	<b>Lemon Herb Baked Cod</b> Citrus Couscous Honey Wheat Demi Key Largo Vegetable Blend Tropical Fruit <span style="float: right;"><b>15</b></span>	<b>Chicken Spinach Lasagna</b> Whole Wheat Breadstick Ratatouille Fresh Orange <span style="float: right;"><b>16</b></span>	<b>Pepper Steak</b> Mashed Potatoes Whole Wheat Roll Pacific Vegetable Blend Peaches <span style="float: right;"><b>17</b></span>
		<small>15</small>	<small>16</small>	<small>17</small>
<b>Creamy Chicken &amp; Veggies</b> Whole Wheat Roll Roasted Zucchini & Squash Mandarin Oranges <span style="float: right;"><b>20</b></span>	<b>Shrimp Fajita</b> Whole Wheat Tortilla Brown Rice w/ Beans & Corn Southwest Coleslaw Pineapple <span style="float: right;"><b>21</b></span>	<b>Greek Chicken</b> Tomato Cucumber Salad Quinoa Pilaf Grapes <span style="float: right;"><b>22</b></span>	<b>Braised Beef Tips</b> Scalloped Potatoes Honey Wheat Demi Spinach Salad Fruit Cocktail <i>Birthday Cake!!!</i> <span style="float: right;"><b>23</b></span>	<b>Sausage Minestrone Soup</b> Whole Wheat Roll Grape Tomato Salad Tropical Fruit <span style="float: right;"><b>24</b></span>
		<small>22</small>	<small>23</small>	<small>24</small>
<b>Vegetable Split Pea Soup</b> Whole Wheat Roll Roasted Broccoli Peaches <span style="float: right;"><b>27</b></span>	<b>Orange Chicken</b> Stir Fry Vegetables Fried Rice Mandarin Oranges <span style="float: right;"><b>28</b></span>	<b>Chicken Gumbo</b> Red Beans & Rice Roasted Corn & Peppers Whole Wheat Cornbread Fresh Apple <span style="float: right;"><b>29</b></span>	<b>BBQ Pulled Pork Sandwich</b> Whole Wheat Bun Tomato White Bean Salad Rainbow Coleslaw Pineapple <span style="float: right;"><b>30</b></span>	
		<small>29</small>	<small>30</small>	

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 @ 707-825-2027 ~ EUREKA @ 707-442-1181~ FORTUNA @ 707-725-6245 ~ 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

\$3.50 is the suggested contribution. No senior 60+ will be denied a meal. For those under 60 there is a \$12 fee.



Salt shaker indicates a higher sodium meal.