

# Humboldt Senior Resource Center's March 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Green Chili Pork Stew</b> Brown Spanish Rice Zucchini w/ Corn & Peppers Apricots 2	<b>Spaghetti &amp; Chicken Meatballs</b> Marinara Sauce Spinach w/ Garlic & Onions Applesauce 3	<b>Lemon Herb Baked Cod</b> Citrus Couscous Honey Wheat Demi Key Largo Vegetable Blend Tropical Fruit 4	<b>Chicken Spinach Lasagna</b> Whole Wheat Breadstick Ratatouille Fresh Orange 5	<b>Pepper Steak</b> Mashed Potatoes Whole Wheat Roll Pacific Vegetable Blend Peaches 6
<b>Creamy Chicken &amp; Veggies</b> Whole Wheat Roll Roasted Zucchini & Squash Mandarin Oranges 9	<b>Shrimp Fajita</b> Whole Wheat Tortilla Brown Rice w/ Beans & Corn Southwest Coleslaw Pineapple 10	<b>Greek Chicken</b> Tomato Cucumber Salad Quinoa Pilaf Grapes 11	<b>Braised Beef Tips</b> Scalloped Potatoes Honey Wheat Demi Spinach Salad Fruit Cocktail 12	<b>Sausage Minestrone Soup</b> Whole Wheat Roll Grape Tomato Salad Tropical Fruit 13
<b>Vegetable Split Pea Soup</b> Whole Wheat Roll Roasted Broccoli Peaches 16	 <b>Corned Beef</b> Red Potatoes Cabbage & Carrots Whole Wheat Roll Kiwi Pear & Lime Jello <i>St. Patrick's Day Meal</i> 17	<b>Chicken Gumbo</b> Red Beans & Rice Roasted Corn & Peppers Whole Wheat Cornbread Fresh Apple 18	<b>BBQ Pulled Pork Sandwich</b> Whole Wheat Bun Tomato White Bean Salad Rainbow Coleslaw Pineapple 19	<b>Beef &amp; Barley Stew</b> Honey Wheat Demi Orange Spinach Salad Tropical Fruit 20
<b>Cheese Tortellini</b> Whole Wheat Breadstick Lentil Ragu Italian Vegetable Blend Fruit Cocktail 23	<b>Chicken Florentine</b> Roasted Red Potatoes Whole Wheat Roll Zucchini Sautee Mandarin Oranges 24	<b>Sloppy Joe</b> Whole Wheat Bun Macaroni & Cheese Green Beans w/ Red Peppers Strawberries 25	<b>Biscuit &amp; Sausage Gravy</b> Egg Brunch Potatoes Tomato Cucumber Salad Fresh Orange <i>Birthday Cake!!!</i> 26	$\frac{1}{2}$ <b>Chicken Salad Sandwich</b> Sweet Potato Salad Broccoli Delight Banana 27
 <b>Ham &amp; Bean Soup</b> Whole Wheat Cornbread Rainbow Coleslaw Peaches 30	<b>Chicken Broccoli Pasta</b> Whole Wheat Penne Pasta Green Salad w/ Basil Vinaigrette Pears 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.



The saltshaker indicates a higher sodium meal