

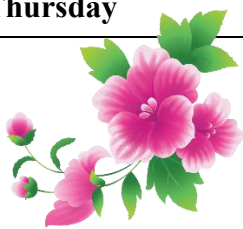





Humboldt Senior Resource Center Lunch Menu May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				Beef & Barley Stew Honey Wheat Demi Orange Spinach Salad Tropical Fruit 1
Cheese Tortellini Whole Wheat Breadstick Lentil Ragu Italian Vegetable Blend Fruit Cocktail 4	Tamale Pie Spanish Brown Rice Black Bean & Corn Salsa Pineapple Flan  5	Sloppy Joe Whole Wheat Bun Macaroni & Cheese Green Beans w/ Red Peppers Apricots 6	Crustless Quiche Turkey Sausage Links Brunch Potatoes Whole Wheat Blueberry Muffin Strawberries w/ Whip <i>Happy Mother's Day</i> 7	Chicken Salad Sandwich Sweet Potato Salad Broccoli Delight Banana 8
Ham & Bean Soup Whole Wheat Cornbread Rainbow Coleslaw Peaches  11	Chicken Broccoli Pasta Whole Wheat Penne Pasta Green Salad w/ Basil Vinaigrette Pears 12	Philly Cheesesteak Whole Wheat Hoagie Three Bean Salad Carrot Coleslaw Fruit Cocktail 13	Sesame Chicken Salad Romaine, Cabbage, Carrot, Almonds, & Chow Mein Noodles Whole Wheat Roll Mandarin Oranges Fortune Cookie 14	Mediterranean Braised Pork Whole Wheat Flatbread Cucumber Salad Apricots 15
Fire Roasted Tomato Chicken Honey Wheat Demi Spinach Tomato Couscous Green Beans Applesauce 18	Turkey Chili Baked Potato Whole Wheat Cornbread Steamed Broccoli Fruit Cocktail 19	Stuffed Peppers Whole Wheat Roll Zucchini Sautee Strawberries 20	Cheeseburger Whole Wheat Bun Macaroni Salad Roasted Corn & Peppers Watermelon <i>Happy Memorial Day</i> 21	Shrimp Louie Salad Lettuce, Tomato, Olives, Hard Boiled Egg Whole Wheat Roll Tropical Fruit 22
 All Sites Closed 25	Spaghetti & Chicken Meatballs Marinara Sauce Spinach w/ Garlic & Onions Applesauce 26	Lemon Herb Baked Cod Citrus Couscous Honey Wheat Demi Key Largo Vegetable Blend Tropical Fruit 27	Chicken Spinach Lasagna Whole Wheat Breadstick Ratatouille Fresh Orange <i>Birthday Cake!!!</i> 28	Pepper Steak Mashed Potatoes Whole Wheat Roll Pacific Vegetable Blend Peaches 29

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.

A 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