

## HUMBOLDT SENIOR RESOURCE CENTER'S July 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Fish Taco w/ Salsa Whole Wheat Tortilla Latin Coleslaw Spanish Rice Pineapple <span style="float: right;">1</span>	Cheeseburger Macaroni Salad Roasted Corn w/ Peppers & Onions Red, White & Blue Jello Cake Watermelon <b>Happy 4<sup>th</sup> of July</b> <span style="float: right;">2</span>	 <b>ALL SITES CLOSED</b> <span style="float: right;">3</span>
<b>Meatloaf</b> Mashed Potatoes & Gravy Whole Wheat Roll Roasted Corn & Peppers Cantaloupe <span style="float: right;">6</span>	<b>Italian Wedding Soup</b> Bavarian Demi Loaf Zucchini & Yellow Squash Mandarin Oranges <span style="float: right;">7</span>	<b>Chicken Gyro w/ Tzatziki</b> Whole Grain Flatbread Tomato Cucumber Salad Honeydew <span style="float: right;">8</span>	<b>Apricot Glazed Roast Pork</b> Quinoa Pilaf Spinach Salad Strawberries <span style="float: right;">9</span>	<b>Southern Smothered Chicken</b> Garlic Herb Roasted Potatoes Whole Wheat Roll Succotash Peaches <span style="float: right;">10</span>
<b>Stir Fry Beef</b> Brown Rice Pilaf Steamed Broccoli Mandarin Oranges <span style="float: right;">13</span>	<b>Pork w/ Lentils &amp; Mushrooms</b> Whole Wheat Roll Tomatoes w/ Zucchini & Spinach Grapes <span style="float: right;">14</span>	<b>Swedish Meatballs</b> Mashed Potatoes Whole Wheat Roll Beet Salad Applesauce <span style="float: right;">15</span>	<b>Summer Berry Salad</b> Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Bavarian Demi Loaf Ambrosia <span style="float: right;">16</span>	<b>Tomato Basil Chicken Pasta</b> Whole Wheat Breadstick Apple Feta Salad Cantaloupe <span style="float: right;">17</span>
<b>Chicken Cutlet w/ Country Gravy</b> Macaroni & Cheese Peas & Carrots Pineapple <span style="float: right;">20</span>	<b>Pineapple Shrimp Taco</b> Cilantro Lime Quinoa Creamy Purple Coleslaw Watermelon <span style="float: right;">21</span>	<b>Vegetable Beef Soup</b> Whole Wheat Roll Orange Spinach Salad Cantaloupe <span style="float: right;">22</span>	<b>Honey Garlic Pork</b> Fried Rice Stir Fry Vegetables Mandarin Oranges <span style="float: right;">23</span>	<b>Black Bean Quinoa Chili</b> Hawaiian Coleslaw Whole Wheat Biscuit Grapes <span style="float: right;">24</span>
<b>Crispy Catfish Sandwich</b> Whole Wheat Bun Marinated Corn Salad Fruit Cocktail <span style="float: right;">27</span>	<b>Chicken Noodle Soup</b> Zucchini Red Onion Salad Whole Wheat Roll Applesauce <span style="float: right;">28</span>	<b>Cheesy Spinach Frittata</b> Whole Wheat Breadstick California Vegetable Blend Tropical Fruit <span style="float: right;">29</span>	<b>Chef Salad</b> Tomato Egg Peas Cheddar & Mozzarella w/ Ranch Dressing Honey Wheat Demi Loaf Watermelon <b>Birthday Cake!!!</b> <span style="float: right;">30</span>	<b>Pork Chili Verde</b> Brown Rice w/ Beans & Corn Cabbage Salsa Pineapple <span style="float: right;">31</span>

**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



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