


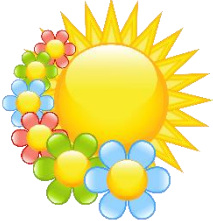


Humboldt Senior Resource Center Lunch Menu June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Chicken & Veggies Whole Wheat Roll Roasted Zucchini & Squash Mandarin Oranges <div style="text-align: right;">1</div>	Shrimp Fajita Whole Wheat Tortilla Brown Rice w/ Beans & Corn Southwest Coleslaw Pineapple <div style="text-align: right;">2</div>	Greek Chicken Tomato Cucumber Salad Quinoa Pilaf Grapes <div style="text-align: right;">3</div>	Braised Beef Tips Scalloped Potatoes Honey Wheat Demi Spinach Salad Fruit Cocktail <div style="text-align: right;">4</div>	Sausage Minestrone Soup Whole Wheat Roll Grape Tomato Salad Tropical Fruit <div style="text-align: right;">5</div>
Vegetable Split Pea Soup Whole Wheat Roll Roasted Broccoli Peaches <div style="text-align: right;">8</div>	Orange Chicken Stir Fry Vegetables Fried Rice Mandarin Oranges <div style="text-align: right;">9</div>	Chicken Gumbo Red Beans & Rice Roasted Corn & Peppers Whole Wheat Cornbread Fresh Apple <div style="text-align: right;">10</div>	BBQ Pulled Pork Sandwich Whole Wheat Bun Tomato White Bean Salad Rainbow Coleslaw Pineapple <div style="text-align: right;">11</div>	Beef & Barley Stew Honey Wheat Demi Orange Spinach Salad Tropical Fruit <div style="text-align: right;">12</div>
Cheese Tortellini Whole Wheat Breadstick Lentil Ragu Italian Vegetable Blend Fruit Cocktail <div style="text-align: right;">15</div>	Chicken Florentine Roasted Red Potatoes Whole Wheat Roll Zucchini Sautee Mandarin Oranges <div style="text-align: right;">16</div>	Sloppy Joe Whole Wheat Bun Macaroni & Cheese Green Beans w/ Red Peppers Strawberries <div style="text-align: right;">17</div>	Biscuit & Sausage Gravy Brunch Potatoes Egg Tomato Salad Fresh Orange <i>Happy Father's Day!!!</i> <div style="text-align: right;">18</div>	Chicken Salad Sandwich Sweet Potato Salad Broccoli Delight Banana <div style="text-align: right;">19</div>
Ham & Bean Soup Whole Wheat Cornbread Rainbow Coleslaw Peaches  <div style="text-align: right;">22</div>	Chicken Broccoli Pasta Whole Wheat Penne Pasta Green Salad w/ Basil Vinaigrette Pears <div style="text-align: right;">23</div>	Philly Cheesesteak Whole Wheat Hoagie Three Bean Salad Carrot Coleslaw Fruit Cocktail <div style="text-align: right;">24</div>	Sesame Chicken Salad Romaine, Cabbage, Carrot, Almonds, & Chow Mein Noodles Whole Wheat Roll Mandarin Oranges Fortune Cookie <i>Birthday Cake!!!!</i> <div style="text-align: right;">25</div>	Mediterranean Braised Pork Whole Wheat Flatbread Cucumber Salad Apricots <div style="text-align: right;">26</div>
Fire Roasted Tomato Chicken Honey Wheat Demi Spinach Tomato Couscous Green Beans Applesauce <div style="text-align: right;">29</div>	Turkey Chili Baked Potato Whole Wheat Cornbread Steamed Broccoli Fruit Cocktail <div style="text-align: right;">30</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