

HUMBOLDT SENIOR RESOURCE CENTER'S August 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Lemon Garlic Chicken Quinoa Pilaf Cucumber Salad Peaches 3	Creamy Sausage Pasta Whole Wheat Penne Pasta Tomatoes w/ Zucchini & Spinach Cantaloupe 4	Fiesta Salad Seasoned Ground Beef w/ Black Beans Brown Rice Salsa, Sour Cream, Cheese Pineapple 5	Caprese Chicken Sandwich Whole Wheat Bun Broccoli Delight Salad Summer Fruit Salad 6	Split Pea & Ham Soup Whole Wheat Roll Rainbow Coleslaw Grapes 7
Chicken Philly Whole Wheat Hoagie Sweet Potato Salad Tropical Fruit 10	Baked Ziti Bolognese Whole Wheat Roll Green Salad w/ Balsamic Dressing Honeydew 11	Fish Taco w/ Salsa Whole Wheat Tortilla Latin Coleslaw Spanish Rice Pineapple 12	Chicken Cacciatore Creamy Polenta Whole Wheat Roll Ratatouille Cantaloupe 13	Vegetable Lentil Soup Whole Wheat Garlic Bread Grape Tomato Salad Watermelon 14
Meatloaf Mashed Potatoes & Gravy Whole Wheat Roll Roasted Corn & Peppers Cantaloupe 17	Italian Wedding Soup Honey Wheat Demi Loaf Zucchini & Yellow Squash Mandarin Oranges 18	Chicken Gyro w/ Tzatziki Whole Grain Flatbread Tomato Cucumber Salad Honeydew 19	Apricot Glazed Roast Pork Quinoa Pilaf Spinach Salad Strawberries  Summer Luau!!! 20	Southern Smothered Chicken Garlic Herb Roasted Potatoes Whole Wheat Roll Succotash Peaches 21
Stir Fry Beef Brown Rice Pilaf Steamed Broccoli Mandarin Oranges 24	Pork w/ Lentils & Mushrooms Whole Wheat Roll Tomatoes w/ Zucchini & Spinach Grapes 25	Swedish Meatballs Mashed Potatoes Whole Wheat Roll Beet Salad Applesauce 26	Summer Berry Salad Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Honey Wheat Demi Loaf Ambrosia Birthday Cake!!! 27	Tomato Basil Chicken Pasta Whole Wheat Breadstick Apple Feta Salad Cantaloupe 28
Chicken Cutlet w/ Country Gravy Macaroni & Cheese Peas & Carrots Pineapple 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.

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