

HUMBOLDT SENIOR RESOURCE CENTER'S September 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Pineapple Shrimp Taco Cilantro Lime Quinoa Creamy Purple Slaw Watermelon 1	Vegetable Beef Soup Whole Wheat Roll Orange Spinach Salad Cantaloupe 2	BBQ Chicken Sandwich Whole Wheat Bun Lettuce, Tomato, Red Onion Broccoli Delight Salad Potato Salad Watermelon 3	Black Bean Quinoa Chili Hawaiian Coleslaw Whole Wheat Biscuit Grapes 4
Labor Day ALL SITES CLOSED 7	Chicken Noodle Soup Zucchini Red Onion Salad Whole Wheat Roll Applesauce 8	Cheesy Spinach Frittata Whole Wheat Breadstick California Vegetable Blend Tropical Fruit 9	Chef Salad Turkey, Tomato, Egg, Peas, Cheddar & Mozzarella w/ Ranch Dressing Honey Wheat Demi Loaf Watermelon 10	Pork Chili Verde Brown Rice w/ Beans & Corn Cabbage Salsa Pineapple 11
Lemon Garlic Chicken Quinoa Pilaf Cucumber Salad Peaches 14	Creamy Sausage Pasta Whole Wheat Penne Pasta Tomatoes w/ Zucchini & Spinach Cantaloupe 15	Fiesta Salad Seasoned Ground Beef w/ Black Beans Brown Rice Salsa, Sour Cream, Cheese Pineapple 16	Caprese Chicken Sandwich Whole Wheat Bun Broccoli Delight Salad Summer Fruit Salad 17	Split Pea & Ham Soup Whole Wheat Roll Rainbow Coleslaw Grapes 18
Chicken Philly Whole Wheat Hoagie Sweet Potato Salad Tropical Fruit 21	Baked Ziti Bolognese Whole Wheat Roll Green Salad w/ Balsamic Dressing Honeydew 22	Fish Taco w/ Salsa Whole Wheat Tortilla Latin Coleslaw Spanish Rice Pineapple 23	Chicken Cacciatore Creamy Polenta Whole Wheat Roll Ratatouille Cantaloupe Birthday Cake!!! 24	Vegetable Lentil Soup Whole Wheat Garlic Bread Grape Tomato Salad Watermelon 25
Meatloaf Mashed Potatoes & Gravy Whole Wheat Roll Roasted Corn & Peppers Cantaloupe 28	Italian Wedding Soup Honey Wheat Demi Loaf Zucchini & Yellow Squash Mandarin Oranges 29	Chicken Gyro w/ Tzatziki Whole Grain Flatbread Tomato Cucumber Salad Honeydew 30		

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