

HUMBOLDT SENIOR RESOURCE CENTER'S October 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			Bavarian Pork w/ Apples Sauerkraut Whole Grain Pretzel German Cucumber Salad Peaches Apple Streusel Cake Oktoberfest!!!! I	Southern Smothered Chicken Garlic Herb Roasted Potatoes Whole Wheat Roll Succotash Peaches 2
Stir Fry Beef Brown Rice Pilaf Steamed Broccoli Mandarin Oranges 5	Pork w/ Lentils & Mushrooms Whole Wheat Roll Tomatoes w/ Zucchini & Spinach Grapes 6	Swedish Meatballs Mashed Potatoes Whole Wheat Roll Beet Salad Applesauce 7	Summer Berry Salad Chicken, Blueberries, Strawberries, Craisins, Almonds over Romaine with Cranberry Vinaigrette Honey Wheat Demi Loaf Ambrosia 8	Tomato Basil Chicken Pasta Whole Wheat Breadstick Apple Feta Salad Cantaloupe 9
Chicken Cutlet w/ Country Gravy Macaroni & Cheese Peas & Carrots Pineapple 12	Pineapple Shrimp Taco Cilantro Lime Quinoa Creamy Purple Slaw Watermelon 13	Vegetable Beef Soup Whole Wheat Roll Orange Spinach Salad Cantaloupe 14	Honey Garlic Pork Fried Rice Stir Fry Vegetables Mandarin Oranges 15	Black Bean Quinoa Chili Hawaiian Coleslaw Whole Wheat Biscuit Grapes 16
Crispy Catfish Sandwich Whole Wheat Bun Marinated Corn Salad Fruit Cocktail 19	Chicken Noodle Soup Zucchini Red Onion Salad Whole Wheat Roll Applesauce 20	Cheesy Spinach Frittata Whole Wheat Breadstick California Vegetable Blend Tropical Fruit 21	Chef Salad Tomato, Egg, Peas, Cheddar & Mozzarella w/ Ranch Dressing Honey Wheat Demi Loaf Watermelon 22	Pork Chili Verde Brown Rice w/ Beans & Corn Cabbage Salsa Pineapple 23
Lemon Garlic Chicken Quinoa Pilaf Cucumber Salad Peaches 26	Creamy Sausage Pasta Whole Wheat Penne Pasta Tomatoes w/ Zucchini & Spinach Cantaloupe 27	Fiesta Salad Seasoned Ground Beef w/ Black Beans Brown Rice Salsa, Sour Cream, Cheese Pineapple 28	Witch's Web Spaghetti & Monster Meatballs Goblin's Magic Breadstick Crypt Garden Veggies Blood Moon Apples & Cranberry Bites Jack-o'-Lantern Pumpkin Cake Happy Halloween 29	Split Pea & Ham Soup Whole Wheat Roll Rainbow Coleslaw Grapes 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

