Heritage Café
HSRC Nutrition & Activities Program

# HUMBOLDT SENIOR RESOURCE CENTER'S NOVEMBER 2026 MENU

Heritage Café
HSRC Nutrition & Activities Program

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Chicken Parmesan**<br>Whole Wheat Spaghetti<br>Italian Vegetables<br>Mandarin Oranges<br>**2** | **Beef Stroganoff**<br>Egg Noodles<br>Honey Wheat Demi Loaf<br>Peas & Carrots<br>Applesauce<br>**3** | **Crustless Turkey Pot Pie**<br>Whole Wheat Biscuit<br>Zucchini & Red Onion Salad<br>Tropical Fruit<br>**4** | **Shrimp & Grits**<br>Honey Wheat Demi Loaf<br>Succotash<br>Peaches<br>**5** | **White Bean Chili**<br>Whole Wheat Cornbread<br>Key Largo Vegetables<br>Pineapple<br>**6** |
| **Old Fashion Goulash**<br>Whole Wheat Roll<br>Peas & Carrots<br>Fresh Apple<br>**9** | **Sesame Stir Fry Chicken**<br>Brown Rice<br>Steamed Broccoli<br>Mandarin Oranges<br>**10** | **HAPPY VETERANS DAY**<br>**ALL SITES CLOSED**<br>**11** | **Braised Pork Stew**<br>Whole Wheat Roll<br>Green Beans & Carrots<br>Tropical Fruit<br>***Birthday Cake!!!***<br>**12** | **Crispy Catfish**<br>Tartar Sauce & Lemon<br>Red Beans & Rice<br>Latin Coleslaw<br>Banana<br>**13** |
| **Chicken Corn Chowder**<br>Whole Wheat Breadstick<br>Beet Salad<br>Fruit Cocktail<br>**16** | **BBQ Pork Sandwich**<br>Whole Wheat Bun<br>White Bean & Tomato Salad<br>Rainbow Coleslaw<br>Pineapple<br>**17** | **Creamy Chickpea Lentil Soup**<br>Egg Noodles<br>Whole Wheat Garlic Bread<br>California Vegetables<br>Pears<br>**18** | **Roast Turkey w/ Gravy**<br>Mashed Potatoes, Stuffing, Green Beans, Yams, Tangerine, Cranberry Sauce, Pumpkin Custard<br>Whole Wheat Roll<br>***Holiday Meal***<br>**19** | **Beef & Barley Stew**<br>Whole Wheat Roll<br>Broccoli Delight Salad<br>Tropical Fruit<br>**20** |
| **Shepherd's Pie**<br>Whole Wheat Roll<br>Bahamas Vegetables<br>Mandarin Oranges<br>**23** | **Tuna Noodle Casserole**<br>Whole Wheat Garlic Bread<br>California Vegetables<br>Apricots<br>**24** | **Chicken Caesar Salad**<br>Whole Wheat Breadstick<br>Beet Salad<br>Peaches<br>**25** | <br>**ALL SITES CLOSED** **26** | <br>**ALL SITES CLOSED** **27** |
| **Salisbury Steak**<br>Mashed Potatoes & Gravy<br>Honey Wheat Demi Loaf<br>Steamed Broccoli<br>Fresh Apple<br>**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. $3.50 is the suggested contribution. No Senior 60+ will be denied a meal. For those under 60 there is a fee.**

**A vegetarian alternative is available by reservation daily. The saltshaker indicates a higher sodium meal.**