




HUMBOLDT SENIOR RESOURCE CENTER'S December, 2018 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
 All Nutrition Sites Closed <p style="text-align: right;">3</p>	Spinach Lasagna Green Salad French Bread Honeydew Melon <p style="text-align: right;">4</p> <i>National Cookie Day!!</i>	Chicken Caesar Salad Sliced Beets Honey Wheat Bread Stick Cantaloupe <p style="text-align: right;">5</p>	Pot Roast Red Potatoes Pacific Blend Dinner Roll Orange <p style="text-align: right;">6</p>	Lemon Herb Fish Citrus Couscous Pacific Blend Mandarins <p style="text-align: right;">7</p>
 All Nutrition Sites Closed <p style="text-align: right;">10</p>	Beef Stroganoff w/ Egg Noodles California Blend Mandarin Delight <p style="text-align: right;">11</p>	Shrimp & Linguini Bahamas Blend Garlic Bread Peaches <p style="text-align: right;">12</p>	Chicken Cacciatore Polenta Italian Blend Strawberry Parfait <p style="text-align: right;">13</p>	Mexican Chicken Stew Corn & Red Peppers Corn Bread Cantaloupe <i>Birthday Cake!!!</i> <p style="text-align: right;">14</p>
 All Nutrition Sites Closed <p style="text-align: right;">17</p>	Chicken w/ Fire Roasted Tomatoes Spinach Missouri River Medley Carmel Apple Slices <p style="text-align: right;">18</p>	 Baked Ham Candied Yams Mixed Green Beans Dinner Roll, Apple Pie <i>Holiday Meal!!!</i> <p style="text-align: right;">19</p>	Chicken Cordon Bleu Citrus Rice Watermelon Romaine Salad Pumpkin Custard  <p style="text-align: right;">20</p>	Tomato Basil Baked Fish Quinoa Pilaf Italian Blend Cantaloupe <p style="text-align: right;">21</p>
 All Nutrition Sites Closed For the Holidays <p style="text-align: right;">24</p>	 All Nutrition Sites Closed For the Holidays <p style="text-align: right;">25</p>	Chicken Gumbo w/Brown Rice Carrot & Raisin Salad Corn Bread Honeydew Melon <p style="text-align: right;">26</p>	Taco Salad w/ Beef, Beans, Romaine, Tomato, Cheese, Chips & Salsa Apricots <p style="text-align: right;">27</p>	 Apricot Glazed Pork Loin Scalloped Potatoes Pacific Vegetables Bread Pudding Sparkling Cider <i>New Year's Meal!!!</i> <p style="text-align: right;">28</p>
 All Nutrition Sites Closed <p style="text-align: right;">31</p>	<p>For Reservations Call: Vanessa in ARCATA @ 825-2027 ~ Cathy in EUREKA @ 443-9747 ~ Launa in FORTUNA @ 725-6245 Arcata and Eureka lunch served 11:30 am – 12:15, Fortuna lunch served 12:00 pm – 12:30 pm</p> <p>Low-fat or nonfat milk is served with each meal without notice.</p> <p>\$3.50 is the suggested donation. meal if unable to donate.</p> <p>For those under 60 there is a fee.</p>			
		 Humboldt Senior Resource Center Nutrition & Activities Program		Menus are subject to change No senior 60+ will be denied a
			The salt shaker indicates a high sodium meal	