

## HUMBOLDT SENIOR RESOURCE CENTER'S January, 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>~ <b>Happy New Year</b> ~  <b>All Nutrition Sites</b>  <b>Closed For the Holiday</b></p> <p style="text-align: right;"><b>1</b></p>	<p><b>Hot Turkey Sandwich</b>  Mashed Potato's &amp; Gravy  Broccoli Salad  Apricots</p> <p style="text-align: right;"><b>2</b></p>	<p><b>Harvest Butternut Squash Ravioli</b>  Spinach Cranberry Salad  Garlic Bread  Mandarin Orange Fluff</p> <p style="text-align: right;"><b>3</b></p>	<p><b>BBQ Chicken</b>  San Francisco Blend  Macaroni Salad  Peaches</p> <p style="text-align: right;"><b>4</b></p>
<p><b>All Nutrition Sites</b>  <b>Closed</b></p> <p style="text-align: right;"><b>7</b></p>	<p><b>Chinese Chicken Salad</b>  With Sesame Ginger Dressing, Chow Mein Noodles, Bread Stick  Tangerine</p> <p style="text-align: right;"><b>8</b></p>	<p><b>Sloppy Joe</b>  Cole Slaw  Roasted Sweet Potato's  Apricots</p> <p style="text-align: right;"><b>9</b></p>	<p><b>Tuna Casserole</b>  Peas and Carrots  Cabbage Fruit Salad  Grapes</p> <p style="text-align: right;"><b>10</b></p>	<p><b>Spinach Lasagna</b>  Green Salad  French Bread  Honey Dew Melon</p> <p style="text-align: right;"><b>11</b></p>
<p><b>All Nutrition Sites</b>  <b>Closed</b></p> <p style="text-align: right;"><b>14</b></p>	<p><b>Chicken &amp; Waffles</b>  Confetti Coleslaw  Baked Apple</p> <p style="text-align: right;"><b>15</b></p>	<p><b>Chef Salad</b>  w/tomato, egg, cheese, carrots &amp; peas  Bavarian Bread  Cantaloupe</p> <p style="text-align: right;"><b>16</b></p>	<p><b>Pot Roast</b>  Red Potato's  Pacific Blend Vegetables  Whole Wheat Roll  Orange</p> <p style="text-align: right;"><b>17</b></p>	<p><b>Lemon Herb Fish</b>  Citrus Couscous  Garden Blend Vegetables  Mandarins</p> <p style="text-align: right;"><b>18</b></p>
<p style="text-align: center;"><b>Closed</b></p>  <p><b>Martin Luther King, Jr. Day</b>  <b>21</b></p>	<p><b>Beef Stroganoff w/Egg Noodles</b>  Wheat Roll  California Blend Vegetable  Mandarin Delight</p> <p style="text-align: right;"><b>22</b></p>	<p><b>Shrimp Linguini</b>  Bahamas Blend Vegetables  Garlic Bread  Peaches</p> <p style="text-align: right;"><b>23</b></p>	<p><b>BBQ Pork Sandwich</b>  w/ WW Bun  Potato Salad  Mixed Vegetables  Tropical Fruit</p> <p style="text-align: right;"><b>24</b></p>	<p><b>Mexican Chicken Stew</b>  Corn &amp; Peppers  Corn Bread  Cantaloupe  <b>Birthdays!</b></p> <p style="text-align: right;"><b>25</b></p>
<p><b>All Nutrition Sites</b>  <b>Closed</b></p> <p style="text-align: right;"><b>28</b></p>	<p><b>Chicken w/ Fire Roasted Tomatoes</b>  Fresh Spinach  Missouri River Medley  Carmel Apple Slices</p> <p style="text-align: right;"><b>29</b></p>	<p><b>Meat Loaf</b>  Mashed Potato's  Pacific Blend Vegetables  Pineapple Rings  Whole Wheat Roll</p> <p style="text-align: right;"><b>30</b></p>	<p><b>Chicken Cordon Bleu</b>  Red Potatoes  Spinach Orange Salad  Bavarian Dark Roll  Fresh Grapes</p>  <p style="text-align: right;"><b>31</b></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

Low-fat or nonfat milk is served with each meal.  
Menus are subject to change without notice.  
A meatless alternative is available by reservation daily



\$3.50 is the suggested donation. No senior will be denied a meal if unable to donate. For those under 60 there is a fee.  
The salt shaker indicates a higher sodium meal



