

Humboldt Senior Resource Center Lunch Menu February, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				 Cheese Burger Whole Wheat Bun Potato Salad, Watermelon Lettuce, Tomato, Onion, Pickle, Cookie <i>Super Bowl Party!</i> 1
All Nutrition Sites Closed 4	Chinese Chicken Salad With Almonds, Carrots, Chow Mein Noodles, Sesame Ginger Dressing Fortune Cookie Cantaloupe 5	Old Fashioned Goulash Peas & Carrots Whole Wheat Roll Honeydew Melon 6	Hot Turkey Sandwich Mashed Potatoes & Gravy Broccoli Salad Pineapple 7	Chicken Noodle Casserole Spinach Salad Whole Wheat Roll Peaches 8
All Nutrition Sites Closed 11	Chicken Gumbo Corn Bread Carrot Raisin Salad Cantaloupe 12	Taco Salad w/ Beef, Beans, Romaine, Tomato, Cheese, Chips & Salsa Apricots 13	 Chicken Wellington Mashed Potatoes w/ Gravy, Peaches Pacific Blend Red Velvet Cake <i>Valentine's Celebration</i> 14	Spinach Lasagna Green Salad French Bread Honeydew Melon 15
 All Dining Sites Closed Presidents Day 18	Sloppy Joe Cole Slaw Roasted Sweet Potatoes Pineapple 19	Green Chile Egg Bake Hash Browns Cinnamon Roll Cantaloupe 20	Chef Salad w/Tomato, Egg, Cheese, Carrots & Peas Bavarian Bread Tropical Fruit 21	 BBQ Pork Rib Sandwich San Francisco Blend Veggies Macaroni Salad Peaches <i>Birthdays !!!</i> 22
All Nutrition Sites Closed 25	Chicken & Waffles Baked Beans Confetti Coleslaw Baked Apple 26	Tuna Casserole Peas & Carrots Cabbage Fruit Salad Grapes 27	Pot Roast Red Potatoes Pacific Blend Vegetables Whole Wheat Roll Orange 28	

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 vegetarian alternative is available by reservation daily



\$3.50 is the suggested donation. No senior 60 and over will be denied a meal. For those under 60 there is a fee.



The salt shaker indicates a higher sodium meal