

HUMBOLDT SENIOR RESOURCE CENTER'S April, 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
All Dining Sites Closed 1	Sesame Ginger Flounder Brown Rice Asian Blend Vegetables Pineapple 2	Pork Roast Mashed Potatoes Carrots Wheat Roll Applesauce 3	Cheese Manicotti Apple Feta Salad French Bread Honeydew Melon 4	Teriyaki Chicken Fried Rice Stir Fry Vegetables Orange Delight 5
All Dining Sites Closed 8	½ Chicken Salad Sandwich & Broccoli Cheese Soup Quinoa Salad Grapes 9	Bay Shrimp Salad with Lettuce, Tomato, Cheese, Eggs, Peas and 1000 Island Dressing Whole Grain Ciabatta Strawberry Shortcake 10	Bean & Cheese Enchilada Bake Spanish Rice Mexican Coleslaw Raspberry Churro 11	Chicken Marsala Couscous Pilaf San Francisco Blend Vegetables Orange Ambrosia 12
All Dining Sites Closed 15	Beef Stroganoff w/ Egg Noodles California Blend Vegetables Wheat Roll Mandarin Delight 16	Crustless Quiche Potatoes O'Brien Scandinavian Blend Vegetables WW Mini Croissant Fruit Cocktail 17	Stuffed Bell Peppers White Bean & Tomato Salad Wheat Roll Pineapple 18	Pineapple Baked Ham Scalloped Potatoes Peas & Carrots, Wheat Roll Fresh Fruit Cup  Jell-O Cake  Holiday Meal 19
All Dining Sites Closed 22	Baked Cod Dijonnaise Scalloped Potatoes Pacific Blend Vegetables Three Cheese Bread Pears 23	Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Watermelon  24	Taco Salad Beef, Beans, Cheese, Lettuce, Tomato, Chips & Salsa Cantaloupe 25	Hunan Chicken Brown Fried Rice Stir Fry Vegetables Egg Roll, Strawberries Birthday Cake Birthdays!!! 26
All Dining Sites Closed 29	Meatloaf & Gravy Mashed Potatoes Chuck Wagon Blend Vegetables WW Demi Loaf Pineapple 30			

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



Humboldt Senior Resource Center

Nutrition & Activities Program

\$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