





Del Norte Senior Center
 1765 Northcrest Drive
 Crescent City, CA 95531
 707-464-3069
 Hours 9:00am to 4:00pm

COME JOIN US!!!
 Lunch Served
 Monday Thru Friday
 11:00am TO 12:30Pm



March 2023

Suggested meal contribution: \$3.00. No one 60 or older will be denied a meal for inability to contribute. Those under 60 must pay a fee.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Saltshaker indicates a higher sodium meal.</p>  <p>Low-fat milk served with every meal.</p>			<p>1 Salisbury Steak W/Gravy, Mashed Potatoes, Carrots, W/W Roll & Fruit Cup</p>	<p>2 Diced Chicken, Au Gratin Potatoes, Peas & Carrots, W/W Bread & Fruit Cup</p>	<p>3 Pulled Pork Sandwich On W/W Bun, Baked Beans, & Banana</p>	<p>4 Menu is Subject To Change Without Notice</p>
<p>5 Menu is Subject To Change Without Notice</p>	<p>6 Split Pea Soup, Tuna Sandwich On W/W Bread, W/W Crackers & Applesauce</p>	<p>7 Egg Casserole, Oven Fried Potatoes, Muffin & Orange</p>	<p>8 Roasted Chicken, Scalloped Potatoes, Green Beans, W/W Roll & Fruit Cup</p>	<p>9 Beef & Bean Chili, Corn Bread, Mixed Vegetables & Peaches</p>	<p>10 Fish Fillet, Brown Rice, Broccoli, Fruited Yogurt</p>	<p>11</p>  <p><small>shutterstock - 244078135</small></p>
<p>12</p>	<p>13 Spaghetti W/ Meat Sauce, Italian Vegetable, Garlic Bread & Fruit Cup</p>	<p>14 Chili Relleno Casserole, Spanish Rice, Beans & Oranges</p>	<p>15 Chicken Pot Pie, Biscuit, Vegetable Blend Medley & Fruit Cup</p>	<p>16 Meatloaf W/Gravy, Mashed Potatoes, Carrots, W/W Bread & Fruit Cup</p>	<p>17 "Irish" Stew, Corn Bread, Mixed Vegetable, Banana & Shamrock Cookie</p>	<p>18</p> 
<p>19</p>	<p>20 Orange Chicken, Brown Rice, Stir Fry Vegetables & Mandarin Oranges</p>	<p>21 Minestrone Soup, Egg Salad Sandwich On W/W Bread, W/W Crackers & Pineapple Chunks</p>	<p>22 Baked Fish, Scalloped Potatoes, Sauteed Cabbage, W/W Bread & Pears</p>	<p>23 Teriyaki Chicken, Steamed Rice, Broccoli, Banana & Fortune Cookie</p>	<p>24 Happy Birthday Roast Pork, Mashed Potatoes, Carrots, W/W Roll & Fruit Cup</p>	<p>25</p>
<p>26</p>	<p>27 Tuna Noodle Casserole, Mixed Vegetables, W/W Roll & Orange</p>	<p>28 Vegetarian Chili, Corn Bread, W/W Cracker & Yogurt With Fruit,</p>	<p>29 Chicken Supreme, Broccoli Normandy, Buttered Noodles, W/W Roll & Fruit Cup</p>	<p>30 Baked Turkey Ham, Sweet Potatoes, Succotash, W/W Roll & Pears</p>	<p>31 Holiday Site Closed</p>	<p>Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304</p>