




Del Norte Senior Center  
1765 Northcrest Drive  
Crescent City, CA 95531  
707-464-3069

COME JOIN US!!!  
Lunch Served Daily  
Monday Thru Friday  
11:30a.m. TO 12:30p.m.

# MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>  <b>Senior Information</b> <b>464-3069</b>	2 Chicken Taco Salad, Mixed Greens, Tomato, Corn & Olives, Tortilla Chips, Brown Rice and Oranges	3 Macaroni and Cheese, Broccoli, Carrots and Cauliflower W/Heart Healthy Summer Salad and Garlic Bread	4 Pulled Pork on WW Bun, Tangy Coleslaw, Sweet Potato Fries and Cinnamon Applesauce	5 Chicken Marsala, Oven Brownd Potatoes, Spinach, WW Rotini and Pineapple	6 Oven Bake Fish, Carrots, Coleslaw, Brown Rice and Apples	<b>7</b>  <b>Menu is Subject To Change Without Notice</b>
<b>8</b>  	9 Beef Stroganoff w/WW Noodles, Capri Vegetables, Romaine Salad w/Tomatoes and Apricots	<b>10</b> Egg Salad Sandwich on WW, Vegetable Soup, Red and Green Cabbage, Fresh Apples  <b>Salad Bar</b>	11 Lasagna Romaine Salad with Garbanzo Beans, Italian Vegetables, Garlic Bread and Fresh Oranges	12 Chicken a la King w/Mushrooms & w/Biscuit Topping, Tender Greens w/Fruit	13 Corned Beef, Potatoes, Carrots & Cabbage, Rye Bread and Under the Sea (Jello) Salad	<b>14</b>  <b>Senior Legal Service</b> <b>464-3069</b> <b>1-800-972-0002</b> <b>X304</b>
<b>15</b>  <b>Energy and Weatherization Program at DNSC</b> <b>464-9013</b>	16 Turkey Tetrazzini, Spinach, WW Bread, and Pineapples w/ Coconut	<b>17</b> Pizza and Fresh Oranges  <b>Salad Bar</b>	18 Country Beef Noodle Casserole, Herbed Broccoli, Three Bean Salad WW or Rye Bread & Applesauce	19 Crispy Baked Chicken, Sweet Potatoes, Cauliflower w/Red Peppers, WW Bread & Banana	20 Meat Loaf, Mashed Potatoes and Gravy, Brussel Sprouts, WW Bread & Strawberries w/ Whipped Topping	<b>21</b>  
<b>22</b>	23 Parmesan Chicken, Corn w/ Red Peppers, Romaine Salad w/ Mandarins, WW Pasta w/ Olive Oil	24 Vegetarian Taco Salad, Tortilla Chips, Brown Rice and Orange Slices	25 Spaghetti w/ Meat Sauce, Zucchini, Tossed Salad W/Garlic Bread	26 French Style Pork Stew, Spinach Salad, WW Bread, and Pears	27 <b>Happy Birthday</b> Ham W/ Scalloped Potatoes, Peas w/Pearl Onions, Honey Bee Ambrosia, WW Dinner Roll, Birthday Cake	<b>28</b>
<b>29</b>  	30 Chicken Gumbo, Tender Greens w/Fruit Warm Crusty Roll and Mandarins	31 Stuffed Baked Potato w/Vegetarian Chili and Cheese, Broccoli, Tossed Salad w/Shredded Carrots & WW Bread  <b>Salad Bar</b>	