






Del Norte Senior Center
1765 Northcrest Drive
Crescent City, CA 95531

COME JOIN US!!!
Lunch Served Daily
Monday Thru Friday

January 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 SITE CLOSED HAPPY NEW YEAR!! SITE CLOSED	2 Pork Tortilla Soup, Spinach Salad w/Mandarin Oranges, Fresh Fruit and Marshmallow Squares	3 Italian Lasagna, Tossed Salad w/Peppers & Tomatoes, Bread Sticks and Apricots	4 Baked Fish, Carrots, Citrus Salad and Texas Rice	5 Menu is Subject To Change Without Notice
6 HICAP AT DNSC 464-7876	7 Salisbury Steak w/Gravy, Mashed Potatoes, Broccoli, Spinach Salad, WW Roll and Pears	8 Bean Burrito w/Lettuce & Tomato, Confetti Coleslaw and Pineapple Salad Bar	9 Oven Baked Chicken, Sweet Potatoes, Sautéed Cabbage and WW Bread	10 Pulled Pork Sandwich on WW Bun, Homemade Tomato Soup, Apple Poppy Seed Coleslaw & Fresh Fruit	11 Swiss Steak, Mashed Potatoes, WW Bread and Applesauce	12 
13	14 Sweet and Sour Chicken, Brown Rice, Oriental Vegetables and Fresh Fruit	15 Baked Ziti w/Four Cheeses, Cauliflower Spinach Salad w/Apples and Garlic Bread Salad Bar	16 Beef Stew, Tossed Salad w/Tomato, Biscuit and Fresh Orange	17 Tuna Sandwich on WW or Rye, Pasta Vegetable Soup, Romaine Salad w/Tomatoes & Peppers	18 Stir Fry Chicken & Vegetables, Brown Rice, Sesame Coleslaw and Peaches	19 
20 	21 Site Closed For Martin Luther King Day	22 Vegetarian Taco Salad w/Cheese & Black Beans, Brown Rice, Tortilla Chips and ¼ Sliced Orange	23 Meat Loaf w/Gravy, Mashed Potatoes, Carrots, WW Bread and Orange	24 Chicken Noodle Soup, Spinach Salad w/Feta Cheese & Red Peppers, WW Roll and Apple Crisp	25 Happy Birthday Roast Turkey w/Gravy, Stuffing, Cranberry Sauce, Sweet Potatoes, Peas, and Birthday Cake	26 
27 	28 Chicken Gumbo, Green Beans, New Orleans Cabbage Salad, Brown Rice, Peaches & Pears	29 Egg Salad Sandwich, Cream of Carrot Soup, Spinach Salad, WW or Rye Bread and Fresh Apple Salad Bar	30 Country Beef & Noodles, Romaine Salad w/Tomato & Peppers, Biscuit and Peaches	31 Lemon Tarragon Chicken, Mashed Potatoes w/Gravy, Broccoli, Harvest Muffin and Apricots	Senior Legal Service 464-3069	Senior Information 464-3069 ext. 207