



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.



# SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1  <b>Senior Information</b> 464-3069 ext. 207	2  <b>Labor Day Site Closed</b>	3 Variety of Pizza, Broccoli Delight Salad and Apples  <b>Salad Bar</b>	4 Teriyaki Chicken, Green Beans w/Water Chestnuts & Mushrooms, Brown Rice and Sunny Fruit Salad	5 Italian Lasagna, Peas & Carrots, Romaine Salad w/Tomatoes & Peppers, Garlic Bread and Oranges	6 <i>Grandparents Day Ice Cream Cone Day</i> Pot Roast w/Gravy, Roasted Potatoes, Carrots, Spinach Salad, WW Bread and Ice Cream Cones	7  
8	9 Spaghetti w/Meat Sauce, Broccoli, Tossed Salad w/Balsamic Vinaigrette, Garlic Bread and Pineapple	10 Easy Egg Casserole, Oven Browned Potatoes, Spinach Salad, Harvest Muffin and Peaches <b>Salad Bar</b>	11 Roast Turkey w/Gravy, Dressing, Cranberry Sauce, Sweet Potatoes, Green Beans and Fruit Salad	12 Meat Loaf w/Gravy, Mashed Potatoes, Peas & Carrots, WW Bread and Watermelon	13 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges	14
15  	16 Chicken Cacciatore, Green Beans Almandine, Romaine Salad w/Tomatoes & Peppers and Melon	17 Spinach Enchilada, Spinach Salad w/Red Peppers & Red Onions, Black Beans, Brown Rice and Fresh Fruit <b>Salad Bar</b>	18 ½ Tuna Salad w/Lettuce & Tomato on WW Bread, Minestrone Soup and Fresh Orange	19 Variety Pizza, Romaine Salad w/Peppers & Tomatoes, Fresh Orange and Ice Cream	20 Lemon Herb Fish, Peas, Romaine Salad w/Tomatoes & Cucumbers and Confetti Rice	21
22 <b>Menu is Subject To Change Without Notice</b>	23 Crispy Baked Chicken Thighs, Mashed Potatoes & Gravy, Broccoli, Romaine Salad w/Tomatoes & Peppers, WW Roll and Pears	24 Eggplant Parmigiana, Broccoli, WW Pasta seasoned w/Olive Oil & Herbs, Fresh Apple and Ice Cream  <b>Salad Bar</b>	25 Roast Pork w/Gravy, Scalloped Sweet Potatoes & Apples, Brussel Sprouts, Tossed Salad and WW Bread	26 Chicken & Dumplings, Romaine Salad w/Oranges & Pineapple and Strawberry Shortcake	27 <b>Happy Birthday! Celebration at Florence Keller Park</b> BBQ Hamburgers, Vegi Salad, Corn Salad, Watermelon Smiles, Macaroni Salad and Cookies	28  
29	30 Salisbury Steak w/Gravy, Mashed Potatoes, Spinach, Citrus Salad w/Dressing and Whole Wheat Bread					<b>HICAP AT DNSC</b> <b>707-444-3000</b>