




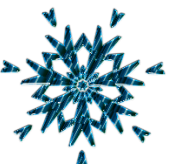

Del Norte Senior Center
1765 Northcrest Drive
Crescent City, CA 95531
707-464-3069
Hours 9:00am to 4:00pm

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



December 2024

Suggested meal contribution: No one over 60 will be denied a meal for inability to contribute. Those under 60 must pay fee

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Saltshaker indicates a higher sodium meal. Low-fat milk served with every meal.</p> 	2 Tuna Sandwich, Split Peas Soup WW Cracker & Oranges	3 Easy Egg Casserole, WW Blueberry Muffin, Rosemary Potatoes & Diced Apples	4 Meatloaf with Gravy, Mashed Potatoes, Carrots, WW Bread, Fruit Cup	5 Beef and Bean Chili, Corn Bread, Green Salad, w/ dressing & Peaches	6 Oven Fried Chicken, Steamed Broccoli, Mashed Potatoes, WW Roll & Pears	7 
8 	9 Orange Chicken, Brown Rice, Stir Fry Vegetable, Mandarin Oranges & Fortune Cookie	10 Whole Grain Spaghetti W/ Meat Sauce, Green Salad w/dressing, Garlic Bread & Applesauce	11 Roasted Chicken, Scalloped Potatoes, Steamed Spinach, WW Roll & Fruit Cup	12 Bean and Cheese Burrito, Cheese Stick Tossed Salad, Fiesta Corn, Tortilla Chips & Pineapple Tidbits	13 Chicken Pot Pie, Biscuit, Peas and Carrots & Fresh Fruit	14
15 Gift shop open Daily.	16 Chicken Cacciatore on Pasta, Italian Green Beans, Garlic Bread & Fresh Fruit	17 Baked Fish, French Fries, Capri Blend Vegetable, Cole Slaw, Garlic Bread & Pears	18 Chili Relleno Casserole, Black Beans, Spanish Rice & Peaches	19 Turkey and Cheese Sandwich, Pumpkin Soup, WW Cracker & Applesauce	20 Beef Stew, Corn Bread, Vegetable Juice & Mixed Fruit Cup	21 
22	23 Vegetarian Chili, Cornbread, WW Cracker, Side Salad & Mixed Fruit Cup	24 Beef Lasagna, Italian Squash Mix, Garlic Bread, Banana & Holiday Cookie	25 Site Close Christmas Day	26 Pulled Pork Sandwich on WW Bun, Baked Beans & Peaches	27 Happy Birthday Luncheon and Raffle Salisbury Steak Mashed Potatoes w /Gravy Mixed Vegetable WW Roll, Fruit Juice and Birthday Cake	28
29 Volunteer Opportunities Available	30 Spinch Frittata, Sweet Potao Fries WW Blueberry Muffin, Cheese Stick, V-8 Juice & Pears	31 Chinese Chicken Salad, WW roll, WW Cracker, Mandarin Oranges & Fortune Cookie				Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304