




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



September 2023

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

	MON	TUE	WED	THU	FRI	SAT
Saltshaker indicates a higher sodium meal. Low-fat milk served with every meal. 					1 BBQ Chicken, Potato Salad, W/W Roll, Fruit Compote & Fruit Juice	2 Menu is Subject To Change Without Notice
3 Menu is Subject To Change Without Notice	4 LABOR DAY SITE CLOSED	5 Bean and Cheese Burrito, Fiesta Corn, Side Salad & Fresh Fruit	6 Hamburger on W/W Bun, With Lettuce and Tomato on the Side, Baked Beans & Fresh Melon	7 Roasted Chicken, Scalloped Potatoes, Green Beans, W/W Roll & Fruit Cup	8 Chef Salad, W/W Roll, W/W Cracker & Fruit Cup	9 
10 	11 Orange Chicken, Brown Rice, Stir Fry Vegetable & Mandarin Oranges	12 Egg Salad Sandwich, Garbanzo Bean Cole Slaw, Peaches & W/W Bread	13 Baked Fish, Rice Pilaf, Mixed Vegetables & Pears	14 Chicken Caesar Salad, Banana, W/W Roll & Banana	15 Teriyaki Chicken, Broccoli, W/W Roll & Fresh Fruit	16
17	18 Spaghetti W/Zesty Sauce, Green Salad W/Dressing, Applesauce & Garlic Bread	19 Vegetarian Chili, Corn Bread, Green Salad & Mixed Fruit	20 Chicken Salad Sandwich, Three Bean Salad & Applesauce	21 Pulled Pork Sandwich, Baked Beans, Cole Slaw, & Banana	22 Chicken Cacciatore over Pasta, Green Beans, Tossed Salad, Garlic Bread & Fresh Fruit	23
24	25 Diced Chicken, Au Gratin, Peas & Carrots, Fruit Cup & W/W Bread	26 Spanish Frittata, Muffin, Peaches, Cheese Stick & Tomato Juice	27 Chinese Chicken Salad, W/W Roll & Mandarin Cup	28 Baked Turkey Ham, Sweet Potatoes, Succotash, Pears & W/W Roll	29 Happy Birthday Salisbury Steak, Mashed Potatoes, Mixed Vegetables, W/W Bread, Fruit Juice & Birthday Cake	Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304