



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 Daily
 Monday Thru Friday
 11:30am TO 12:30Pm



NOVEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
Senior Legal Service 464-3069 1-800-972-0002				1 Beef Stew, Spinach Salad w/Mandarins, Biscuit and Fresh Apple	2 Baked Chicken, Mashed Potatoes w/Gravy, Braised Cabbage, WW Bread and Orange	3
4 	5 Pulled Chicken Sandwich, Tangy Coleslaw, Sweet Potato Fries and Oranges	6 Chili Relleno Casserole, Unfried Beans, Romaine & Spinach Salad w/Mandarins <i>Salad Bar</i>	7 Meatloaf, Mashed Potatoes w/Gravy, Spinach Salad w/Red Peppers, WW Bread and Pineapple	8 Chicken Parmigiana, Zucchini & Romaine Salad	9 Spaghetti w/Meat Sauce, Broccoli Carrots & Cauliflower, Tossed Salad and French Bread	10
11	12 Site Closed Veterans Day	13 Spinach Quiche, Rosemary Potatoes, Harvest Muffin and Spicy Fruit Compote <i>Salad Bar</i>	14 Chicken Marsala, Green Beans w/Red Peppers and Pineapple Coleslaw	15 Eldorado Chili, Tossed Salad w/Tomatoes & Peppers, Cornbread and Pears or Fresh Fruit	16 Roast Turkey, Stuffing, Mashed Potatoes w/Gravy, Green Bean Casserole, Cranberry Salad, ¼ Orange and Pumpkin Pie Cake	17 
18	19 Sweet N Sour Chicken, Broccoli & Carrots, Sesame Coleslaw and Brown Rice	20 Cheese Ravioli w/Italian Tomato Sauce, Romaine Salad w/Peppers & Tomatoes, Garlic Bread and Apple Slices w/Caramel <i>Salad Bar</i>	21 Carnation Chicken Salad, Cream of Carrot Soup, Honey Orange Salad w/Poppy Seeds and Rye or WW Bread	22 Site Closed Happy Thanksgiving!	23 Site Closed Happy Thanksgiving!	24
25 Menu Is Subject To Change Without Notice	26 Salisbury Steak, Mashed Potatoes w/Gravy, Spinach, Romaine Salad w/Green Peppers and WW Roll	27 Ziti w/Four Cheeses, Broccoli, Tossed Salad, Garlic Bread and Fresh Fruit <i>Salad Bar</i>	28 French Style Pork Stew, Spinach Salad, WW Bread and Oranges	29 Tuna Sandwich, Pea Soup, Carrot Raisin Salad, WW or Rye Bread and Sliced Oranges	30 BirthDay Lunch Garlic Ginger Chicken, Green Beans, Honey Bee Ambrosia and Fried Rice	HICAP AT DNSC 464-7876