




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

Lunch Served Daily
 Monday Thru Friday
 11:30am TO 12:30Pm
 Curb Side Delivery

Its goin



July 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Legal Service 464-3069 1-800-972-0002</p>	1		1 Pork Roast w/Gravy, Mashed Potatoes, Carrots & Peas and Whole Wheat Bread	2 Chicken pot pie, Creamy cucumber salad & pineapple with mandarin oranges	3 HAPPY 4TH OF JULY <i>Site Closed</i>	4  Happy 4th of July
5	6 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Mixed Fruit	7 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread	8 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges	9 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut	10 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake	11 
12 	13 Spaghetti w/Meat Sauce, Italian Vegetables, Tossed Salad and Garlic Bread	14 Scrambled Egg w/Green Onion Garnish, Oven Brownd Potatoes, WW Biscuit w/Gravy and Mandarin Oranges	15 Pulled Chicken Sandwich on WW Bun, Baked Sweet Potatoes and Tangy Coleslaw	16 Beef Stew, Spinach and Mandarin Salad, Cornbread and Banana	17 Chef Salad, Whole Wheat Roll and Watermelon	18
19	20 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Applesauce	21 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Strawberries & Grapes	22 Salisbury Steak w/Gravy, Mashed Potatoes, Green Beans, Romaine Salad & WW Bread	23 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp	24 Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon	25
26 Menu Is Subject To Change Without Notice	27 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe	28 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges	29 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread	30 Hot Turkey Sandwich, Mashed Potatoes, Green bean and Fresh Fruit Salad	31 Hamburger, Sweet Potatoes Fries, Watermelon and Pudding cup	HICAP AT DNSC 464-7876