





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



OCTOBER 2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|--|---|---|---|---|
| <p>Senior Legal Service 464-3069 1-800-972-0002</p> | | <p>1 Ziti w/Four Cheeses, California Blend, Broccoli Delight and Garlic Bread</p> <p><i>Salad Bar</i></p> | <p>2 Taco Salad w/Tortilla Chips, Brown Rice and Fresh Orange</p> | <p>3 Stir Fry Chicken & Vegetables, Sesame Ginger Cucumbers, Brown Rice and Pineapple</p> | <p>4 Pulled Pork Sandwich on WW Bun, Baked Beans and Tangy Coleslaw w/Mandarins</p> | <p>5</p>  |
| <p>6</p>  <p><small>shutterstock · 156033374</small></p> | <p>7 Chicken Pot Pie, Creamy Cucumber Salad and Pineapple & Mandarin Oranges</p> | <p>8 Vegetarian Chili, Tossed Salad, Cornbread and Apricots</p> <p><i>Salad Bar</i></p> | <p>9 Meatloaf w/Gravy, Mashed Potatoes, Green Beans, Carrot Pineapple Salad, Whole Wheat Bread and Oranges</p> | <p>10 Baked Chicken w/Gravy, Sweet Potatoes, Broccoli and Whole Wheat Bread</p> | <p>11 Mushroom Stroganoff, 3 Bean Salad, California Blend and Applesauce</p> | <p>12</p> |
| <p>13</p> | <p>14 Columbus Day Site Closed</p> | <p>15 Veggie Burger on WW Bun, Tangy Coleslaw and Rosemary Potatoes</p> <p><i>Salad Bar</i></p> | <p>16 Roast Turkey w/Gravy, Sweet Potatoes, Green Beans, Romaine Salad w/Peppers & Dried Cranberries and WW Bread</p> | <p>17 Hawaiian Fish, Carrots, Crunchy Garden Slaw, Brown Rice Pilaf and Pear Parfait</p> | <p>18 Oktober Fest Pork Roast w/Gravy, Sauerbraten, German Potato Salad, Rye Bread and Apple Crisp</p>  | <p>19</p> |
| <p>20</p> | <p>21 Chicken Taco Salad w/Tortilla Chips and Peaches & Pears</p> | <p>22 Spinach Lasagna, Italian Vegetables, Romaine Salad and Garlic Bread</p> <p><i>Salad Bar</i></p> | <p>23 Chicken & Dumplings, Romaine Salad w/Peppers & Mandarins and Fresh Fruit</p> | <p>24 Beef Stew, Chopped Salad, Cornbread and Oranges</p> | <p>25 Birthday Lunch Turkey Cranberry Wrap, Rich Pumpkin Soup, Waldorf Salad and Ice Cream</p> | <p>26</p>  |
| <p>27 Menu Is Subject To Change Without Notice</p> | <p>28 Spaghetti w/Meat Sauce, Broccoli, Spinach Salad w/Dried Cranberries & Sliced Almonds and WW French Bread</p> | <p>29 Vegetarian Bean & Cheese Burrito on WW Tortilla, Corn & Green Chili Salad and Orange</p> <p><i>Salad Bar</i></p> | <p>30 Lemon Herb Fish w/Tarter Sauce, Peas, Tossed Salad, Confetti Rice and California Fruit Cup</p> | <p>31 Halloween Party Beef Bourguignonne, Spinach Salad w/Red Peppers, Garlic Bread and Fresh Apple</p> | <p>Senior Information 464-3069</p> | <p>HICAP AT DNSC 464-7876</p> |