



Del Norte Senior Center  
 1765 Northcrest Drive  
 Crescent City, CA 95531  
 707-464-3069

COME JOIN US!!!  
 Lunch Served Daily  
 Monday Thru Friday  
 11:30a.m. TO 12:30p.m.

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# MARCH 2019

SUN	MON	TUE	WED	THU	FRI	SAT
Senior Information 464-3069 ext. 207					1 Salisbury Steak w/Gravy, Mashed Potatoes, Broccoli, Tossed Salad and Whole Wheat Bread	2
3	4 Chicken Taco Salad, and Fresh Orange	5 Macaroni & Cheese, Broccoli, Carrots & Cauliflower, Summer Salad, Garlic Bread and Fresh Fruit <b>Salad Bar</b>	6 Pulled Pork Sandwich, Romaine Salad w/Red Peppers & Tomatoes, Sweet Potato Fries and Cinnamon Applesauce	7 Chicken Marsala w/Whole Wheat Rotini, Oven Browned Potatoes, Spinach and Pineapple	8 Oven Baked Fish, Carrots, Tangy Coleslaw, Brown Rice and Apple	9 Senior Legal Service 464-3069 1-800-972-0002 X304
10 Energy and Weatherization Program at DNSC 464-9013	11 Beef Stroganoff w/Whole Wheat Noodles, Carrots, Romaine Salad w/Tomatoes and Pineapple	12 Vegetarian Sloppy Joe on WW Bun, Sweet Potato JoJo's, Red & Green Cabbage Toss and Fresh Apple <b>Salad Bar</b>	13 Lasagna, Romaine Salad w/Garbanzo Beans, Garlic Bread and Fresh Orange	14 Chicken a la King w/Mushrooms and Biscuit Topping and Tender Greens w/Fruit	15 St. Patrick's Day Corned Beef w/Cabbage, Potatoes & Carrots, Tossed Salad, Rye Bread and Under the Sea Jello Salad	16 
17	18 Turkey Tetrazzini w/Noodles, Spinach, WW Bread and Pineapple	19 Pizza and Fresh Orange <b>Salad Bar</b>	20 Country Beef Noodle Casserole, Herbed Broccoli, Three Bean Salad, WW Bread and Applesauce	21 Crispy Baked Chicken, Winter Squash, Cauliflower w/Red Pepper, WW Bread and Fresh Fruit	22 Meat Loaf w/Gravy, Mashed Potatoes, Brussel Sprouts, WW Bread and Strawberries w/Whipped Topping	23
24/31 <b>Menu is Subject To Change Without Notice</b>	25 Parmesan Chicken, Corn, Cauliflower w/Red Peppers, Romaine Salad w/Mandarins and Whole Wheat Pasta w/Olive Oil	26 Stuffed Baked Potato w/Vegetarian Chili & Cheese, Onions & Broccoli, Tossed Salad w/Shredded Carrots, WW Bread and Fresh Apple <b>Salad Bar</b>	27 Spaghetti w/Meat Sauce, Zucchini, Tossed Salad, Whole Wheat Garlic Bread and Fresh Fruit	28 French Style Pork Stew w/Vegetables, Spinach Salad, Whole Wheat Bread and Pears	29 <b>Happy Birthday</b> Ham & Scalloped Potatoes, Peas w/Pearl Onions, Honey Bee Ambrosia, WW Roll and Birthday Cake	30  HICAP AT DNSC 464-7876