





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



# October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Legal Service            464-3069            1-800-972-0002</p>				<p>1 Stir Fry Chicken &amp; Vegetables, Sesame Ginger Cucumbers, Brown Rice and Pineapple</p>	<p>2 Pulled Pork Sandwich on WW Bun, Baked Beans and Tangy Coleslaw w/Mandarins</p>	<p>3</p> 
<p>4</p>  <p>shutterstock · 156033374</p>	<p>5 Chicken Pot Pie, Creamy Cucumber Salad and Pineapple &amp; Mandarin Oranges</p>	<p>6 Vegetarian Chili, Tossed Salad, Cornbread and Apricots</p>	<p>7 Meatloaf w/Gravy, Mashed Potatoes, Green Beans, Carrot Pineapple Salad, Whole Wheat Bread and Oranges</p>	<p>8 Baked Chicken w/Gravy, Sweet Potatoes, Broccoli and Whole Wheat Bread</p>	<p>9 Pork Roast w/Gravy, Braised Red Cabbage, German Potato Salad, Rye Bread and Apple Crisp</p>	<p>10</p>
<p>11</p>	<p>12  <b>Columbus Day Site Closed</b></p>	<p>13 Vegetarian Taco Salad and Watermelon</p>	<p>14 Roast Turkey w/Gravy, Sweet Potatoes, Green Beans, Romaine Salad w/Peppers &amp; Dried Cranberries and WW Bread</p>	<p>15 Tuna Noodle Casserole, Carrots, Cole Slaw and Pear Parfait</p>	<p>16 Meat loaf w/Gravy Mashed Potatoes, Corn w/ peppers, Pickled Beets and a Whole Wheat Roll</p>	<p>17</p> 
<p>18</p>	<p>19 Chicken Taco Salad w/Tortilla Chips and Cantaloupe &amp; Grapes</p>	<p>20 Spinach Lasagna, Italian Vegetables, Romaine Salad and Garlic Bread</p>	<p>21 Chicken &amp; Dumplings, Romaine Salad w/Peppers &amp; Mandarins and Fresh Fruit</p>	<p>22 Beef Stew, Chopped Salad, Cornbread and Oranges</p>	<p>23 Turkey Cranberry Wrap, Rich Pumpkin Soup, Waldorf Salad and Ice Cream</p>	<p>24</p> 
<p>25  <b>Menu Is Subject To Change Without Notice</b></p>	<p>26 Baked Chicken, Mashed Potatoes w/Gravy, Braised Cabbage, W/W Bread, and an Orange</p>	<p>27 Vegetarian Bean &amp; Cheese Burrito on WW Tortilla, Corn &amp; Green Chili Salad and Orange</p>	<p>28 Lemon Herb Fish w/Tarter Sauce, Peas, Tossed Salad, Confetti Rice and California Fruit Cup</p>	<p>29 Beef Bourguignonne, Spinach Salad w/Red Peppers, Garlic Bread and Fresh Apple</p>	<p>30 <b>Happy Halloween</b>            Ghoulish Spaghetti and Meatballs, Spinach Salad W/ Cranberries and Devil's Food Cake</p>	<p>31  <b>HICAP AT DNSC 464-7876</b></p>