




**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**  
**Monday Thru Friday**  
**11:00am TO 12:30Pm**



# November 2023

Suggested meal contribution: \$3.00. No one over 60 will be denied a meal for inability to contribute. Those under 60 must pay a fee.

	MON	TUE	WED	THU	FRI	SAT
<b>Saltshaker indicates a higher sodium meal.</b> <b>Low-fat milk served with every meal.</b> 			1 Turkey Tarragon Sandwich, Pumpkin Soup W/W Cracker & Peaches	2 Baked Turkey Ham, Sweet Potatoes, Succotash W/W Roll & Fresh Fruit	3 Chicken Cacciatore over Pasta, Italian Green Beans, Garlic Bread & Pears,	4 <b>Menu is Subject To Change Without Notice</b>
5 <b>Menu is Subject To Change Without Notice</b>	6 Tuna Salad Sandwich, Split Pea Soup, W//W Crackers & Peaches	7 Egg Casserole, Rosmary Potatoes, Muffin & Fresh Fruit	8 Meatloaf, Mashed Potatoes, Carrots, W/W Bread & Fruit Cup	9 Beef and Bean Chili, Corn Bread, Green Salad, & Peaches	10 Site Closed Veterans Day	11 
12 	13 Spaghetti W/Zesty Sauce, Green Salad W/Dressing, Applesauce & Garlic Bread	14 Bean and Cheese Burrito, Fiesta Corn, Spanish Rice & Mixed Fruit	15 Roast Chicken, Scalloped Potatoes, Green Beans, W/W Roll & Fresh Fruit	16 Beef Stew, Corn Bread, Cole Slaw & Pineapple	17 <b>Happy Birthday</b> Roast Turkey, Mashed Potatoes, Green Beans, W/W Roll, Cranberry Juice & Pumpkin Spice Cake	18
19	20 Orange Chicken, Stir Fry Vegetables, Brown rice, & Mandarin Oranges	21 Chili Relleno Casserole, Black Beans, Spanish Rice & Pears	22 Turkey Wrap, Pumpkin soup & Fresh Fruit	23 Site Closed	24 Site Closed	25
26	27 Oven Fried Chicken, Mashed Potatoes, Mixed Vegetables, W//W Roll & Applesauce	28 Vegetarian Chili, Corn Bread, Green Sald, & Fresh Fruit	29 Sweet & Sour Chicken, Brown rice, Asian Mixed Vegetables & Mandarin Oranges	30 Salisbury Steak, Mashed Potatoes, Mixed Vegetables, W/W Bread, Fruit Juice & Birthday Cake		<b>Senior Legal Service</b> <b>464-3069</b> <b>1-800-972-0002 X304</b> <b>1-707-445-0866 X304</b>