

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.



AUGUST 2018

SUN	MON	TUE	WED	THU	FRI	SAT
Senior Information 464-3069 ext. 207			1 Meat Loaf w/Mashed Potatoes & Gravy, Creole Green Beans, Spinach Salad, WW Bread	2 Pork Tortilla Soup, Romaine Salad w/peppers, Watermelon, & Marshmallow Squares	3 Chicken Salad, WW Roll, Apple Slices w/Caramel	4
5	6 Spaghetti w/Meat Sauce, Broccoli, Tossed Salad, Garlic Bread, Fresh Fruit	7 Scrambled Eggs w/Green Onion, Oven Brown Potatoes, Bran Muffin, Blueberry-Mango Parfait w/Yogurt & Granola Salad Bar	8 Pork Roast w/Gravy, Sweet Potatoes, Green Beans, Melon & Grape Salad, WW Bread	9 Chicken, Pesto, Mushroom Pizza, Romaine Salad, Fresh Orange, Ice Cream	10 Chef Salad w/Chicken, Ham, & Cheese, WW Roll, & Strawberries	11
12	13 Cilantro Honey Lime Chicken w/Salsa, Broccoli & Cauliflower, Tossed Salad, Spanish Rice, Watermelon	14 Pasta Primavera, Romaine Salad, Garlic Bread, Sliced Apples w/Caramel Sauce Salad Bar	15 Split Pea Soup Spinach Salad with Red onions & Peppers WW Roll, Oranges	16 Sloppy Joes Sweet Potato JoJo's Tangy Coleslaw WW Hamburger Bun Bananas	17 Baked Fish Fillet Oven Brownd Potatoes Tarragon Carrots Coleslaw WW Bread	
19 Menu is Subject To Change Without Notice	20 Gourmet Swiss Steak Mashed Potatoes w/ Gravy, Broccoli & Cauliflower, Tossed Salad, WW Bread	21 Eggplant Parmigiana, Green Beans w/ Dill, Tangy Broccoli Apple Salad, WW Roll Salad Bar	22 Chicken, Mushroom & Artichoke Pizza, Romaine Salad w/ Peppers & Tomatoes, Watermelon	23 Beef Taco Salad Romaine, Tomato, Bell Peppers, Onion, Salsa, Tortilla Chips, Cantaloupe	24 Surimi Louie w/Thousand Island Dressing, WW Dinner Roll, Pears	25
26	27 Lemon Herb Chicken, Sweet Potato Apple Bake, Broccoli, Romaine Salad w/Tomatoes & Peppers, WW Bread, Fresh Fruit	28 Spinach Mushroom, Broccoli, Carrots, Cauliflower, Sliced Tomatoes, Harvest Muffin Salad Bar	29 Salisbury Steak w/Mashed Potatoes & Gravy, Zucchini, Broccoli Delight, WW Bread	30 Beef Pot Pie, Apple Raisin Coleslaw, Biscuit	31 Birthday Lunch Hamburgers, Baked Beans, Corn w/ Red Peppers, Romaine Salad, Birthday Cake	HICAP AT DNSC 464-7876