




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



September 2024

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
Saltshaker indicates a higher sodium meal.  Low-fat milk served with every meal.	2 LABOR DAY SITE CLOSED	3 Ham & Cheese Sandwich on WW Bread, Carrot Raisin Salad, WW Cracker & Peaches	4 Easy Egg Casserole, Rosemary Potatoes, Muffin and Diced Apples	5 Beef and Bean Chili, Corn Bread, Green Salad w/dressing & Banana	6 Chicken Caesar Salad, WW Roll, WW Crackers & Pineapple Tidbits	7 Menu is Subject To Change Without Notice
8 Menu is Subject To Change Without Notice	9 Chicken Cacciatore on WW Pasta, Italian Squash Mix, Garlic Bread & Peaches	10 Spanish Frittata, Rosemary Potatoes, Muffin, Applesauce, Cheese Stick & V8 Juice	11 Chef Salad, WW Roll, WW Cracker & Fruited Yogurt & Fruit Cup	12 Baked Fish, Rice Pilaf, Steamed Spinach, Garlic Bread & Fresh Fruit	13 Bean and Cheese Burrito, Spanish Rice, Side Salad & Mixed Fruit Cup & Tortilla Chips	14 
15 	16 Cheeseburger on W/W Bun, Baked Beans, Corn & Fresh Melon	17 BBQ Chicken, Potato Salad, WW Roll, Fruit Compote, & Fruit Juice	18 Taco Casserole, Spanish Rice, Refried Bean & Tropical Fruit Cup	19 Chinese Chicken Salad, WW Roll, Mandarin Oranges & Fortune Cookie	20 Macaroni & Cheese, Chicken Tender, Green Salad, WW Roll & Fresh Fruit	21
22	23 Orange Chicken, Brown Rice, Stir Fry Vegetables, Mandarin Oranges & Fortune Cookie	24 Vegetarian Chili, Corn Bread, Cheese Stick WW Crackers, Green Salad & Tropical Fruit Salad	25 Chicken Salad Sandwich on WW Bread, 3 Bean Salad, WW Cracker & Fresh Fruit	26 Pulled Pork Sandwich on WW Bun, Baked Beans, Corn & Banana	27 Salisbury Steak Mashed Potatoes W/Gravy Steamed Broccoli, WW Roll, Fruit Juice & Birthday Cake	28
29	30 Oven Fried Chicken, Mashed Potatoes, Carrots, WW Roll & Peaches					Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304