









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

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

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Information at DNSC 464-3069 ext. 208</p>	<p>HICAP AT DNSC 464-7876</p>	<p>Energy and Weatherization Program at DNSC 464-9013</p>	<p>Senior Legal Services 464-3069 1-800-972-0002 x304 1-707-445-0866 x 304</p>		<p>1 Salisbury Steak Mashed Potatoes Gravy Romaine Salad w/Green Peppers Whole Wheat Roll =</p>	<p>2 Menu is Subject To Change Without Notice</p>
<p>3</p> 	<p>4 Crispy Baked Chicken Yams Tossed Salad w/ Red Peppers Whole Wheat Bread Fresh Fruit</p>	<p>5 Salad Bar Grilled Cheese Sandwich WW Bread Tomato Basil Soup Cool Cucumber Salad Whole Wheat Bread Apples</p>	<p>6 Stuffed Baked Potato W/ Beef Chili & Cheese Onions & Broccoli Carrot & Raisin Salad Whole Wheat Bread</p>	<p>7 Chicken & Dumplings Peas & Carrots Tangy Coleslaw Whole Wheat Bread Fresh Orange</p>	<p>8 Roast Pork w/ Sweet & Sour Sauce Oriental Vegetables Sliced Cucumbers in Rice Vinegar Brown Rice Orange</p>	<p>9</p> 
<p>10</p> 	<p>11 Spaghetti w/ Meat Sauce Spinach Salad French Bread Apples</p>	<p>12 Salad Bar Easy Egg Casserole Oven Browned Potatoes Harvest Muffin Orange Ambrosia</p>	<p>13 Stir Fried Chicken & Vegetables Broccoli, Cauliflower, Carrots & Red Peppers Brown Rice Pineapple w/ Coconut</p>	<p>14 Black Bean Soup Spinach Salad w/ Red Onions & Red Peppers Whole Wheat Dinner Roll Fresh Orange</p>	<p>15 Salisbury Steak w/ Gravy Baked Potato Spinach WW Bread Cinnamon Applesauce</p>	<p>16</p> 
<p>17</p> 	<p>18 Oven Fried Chicken Mashed Potatoes Country Spinach Whole Wheat Roll Fresh Orange</p>	<p>19 Salad Bar Vegetarian Enchilada Romaine Salad w/ Tomato Corn w/ Red Peppers Spanish Rice Strawberry Ice Cream</p>	<p>20 Beef Taco Salad Peppers & Onions Tortilla Chips Apricots Christmas Cookie</p>	<p>21 Tuna Sandwich Carrot & Raisin Salad Sliced Orange Whole Wheat Bread Gingerbread</p>	<p>22 Turkey w/ Gravy Sweet Potatoes Green Beans w/ Onions Cranberry Jell-O Salad w/ Mandarins Stuffing Pumpkin Pie</p>	<p>23</p> <p><i>Merry Christmas</i></p> 
<p>24/31</p> 	<p>25 Merry Christmas Site Closed</p>	<p>26 Salad Bar Spinach Quiche Rosemary Potatoes Peas w/ Onions Whole Wheat Roll Fresh Fruit</p>	<p>27 Meat Loaf Mashed Potatoes Okra & Tomatoes Whole Wheat Bread Oranges</p>	<p>28 Oven Fried Chicken Broccoli Carrots & Pineapple Whole Wheat Noodles Fresh Fruit</p>	<p>29 Hot Turkey Sandwich Mashed Potatoes Red & Green Cabbage Toss Green Bean Casserole Pumpkin Pie</p>	<p>30</p> 