



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 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Senior Information</b> 464-3069 ext. 207</p>				<p>1 Pork Tortilla Soup, Tangy Coleslaw, Oranges, WW Dinner Roll and Marshmallow Squares</p>	<p>2 Hamburgers on WW Bun w/Lettuce, Tomato &amp; Onion, Corn on the Cob, Watermelon and Ice Cream</p>	3
4	<p>5 Spaghetti w/Meat Sauce, Broccoli, Tossed Salad, Garlic Bread and Fresh Fruit</p>	<p>6 Scrambled Eggs w/Green Onion, Oven Browned Potatoes, Bran Muffin and Blueberry-Peach Parfait <b>Salad Bar</b></p>	<p>7 Pork Roast, Mashed Potatoes, Green Beans, WW Bread and Cantaloupe &amp; Grape Salad</p>	<p>8 Chicken, Pesto &amp; Mushroom Pizza, Romaine Salad w/Peppers &amp; Tomatoes, Fresh Orange and Ice Cream</p>	<p>9 Chef Salad, Whole Wheat Roll and Strawberries</p>	10
11	<p>12 BBQ Chicken, Broccoli &amp; Cauliflower, Tossed Salad, Rice Pilaf and Watermelon</p>	<p>13 Pasta Primavera, Romaine Salad, Garlic Bread and Carmel Apples <b>Salad Bar</b></p>	<p>14 Chunky Corn Chowder, Spinach Salad w/Red Onions &amp; Tomatoes, Corn Bread and Oranges</p>	<p>15 Sloppy Joes on WW Bun, Sweet Potato JoJo's, Tangy Coleslaw and Bananas</p>	<p>16 Baked Fish Fillet, Oven Browned Potatoes, Tarragon Carrots, Endless Coleslaw and WW Bread</p>	
<p>18 <b>Menu is Subject To Change Without Notice</b></p>	<p>19 Gourmet Swiss Steak, Mashed Potatoes w/Gravy, Broccoli &amp; Cauliflower, Tossed Salad and WW Bread</p>	<p>20 Vegetarian Taco Salad w/Tortilla Chips, Brown Rice and Cantaloupe <b>NO SALAD BAR</b></p>	<p>21 Chicken, Mushroom &amp; Artichoke Pizza, Romaine Salad w/Peppers &amp; Tomatoes and Watermelon</p>	<p>22 Eggplant Parmigiana, Green Beans w/Dill, Tangy Broccoli Apple Salad, WW Roll and Fresh Fruit</p>	<p>23 Chef Salad, Whole Wheat Roll and Strawberries</p>	24
25	<p>26 Salisbury Steak, Mashed Potatoes, Zucchini, Broccoli Delight and Whole Wheat Bread</p>	<p>27 Spinach Mushroom Quiche, Broccoli Carrots &amp; Cauliflower, Sliced Tomatoes and Harvest Muffin <b>Salad Bar</b></p>	<p>28 Lemon Herb Chicken, Sweet Potato Apple Bake, Broccoli, Romaine Salad w/Tomatoes &amp; Peppers, WW Bread and Fresh Fruit</p>	<p>29 Beef Pot Pie, Apple Raisin Coleslaw and Oranges</p>	<p>30 <b>Birthday Lunch</b> Hamburgers on WW Bun, Baked Beans, Corn w/Red Peppers and Birthday Cake</p>	<p><b>HICAP AT DNSC</b> <b>464-7876</b></p>