





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 Daily
 Monday Thru Friday
 11:30am TO 12:30Pm



OCTOBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Legal Service 464-3069 1-800-972-0002</p>	<p>1 Chicken a la King, Romaine Salad, Biscuit and Pineapple with coconut</p>	<p>2 Ziti w/Four Cheeses, California Veggie Blend and Garlic Bread</p> <p><i>Salad Bar</i></p>	<p>3 Taco Salad, Tortilla Chips, Brown Rice and Orange</p>	<p>4 Stir Fry Chicken and Vegetables, Sesame Ginger Cucumbers, Brown Rice and Pineapple</p>	<p>5 Pulled Pork Sandwich, Baked Beans, Tangy Coleslaw w/Mandarins and WW Bun</p>	<p>6</p> 
<p>7</p>  <p><small>shutterstock · 156033374</small></p>	<p>8 Happy Columbus Day Site Closed</p>	<p>9 Vegetarian Chili w/Cheese, Tossed Salad, Cornbread and Apricots</p> <p><i>Salad Bar</i></p>	<p>10 Spaghetti w/Meat Sauce, Italian Green Beans, Spinach Salad w/Oranges and Garlic Bread</p>	<p>11 Baked Chicken, Sweet Potatoes, Broccoli and Biscuit</p>	<p>12 October Fest. Pork Roast w/gravy, Sauerbraten, German Potato Salad, Rye Bread and Apple Strudel or Apple Crisp</p>	<p>13</p>
<p>14</p>	<p>15 Gourmet Swiss Steak, Zucchini, Queen City Salad, Mashed Potatoes and WW Bread</p>	<p>16 Veggie Burger w/WW Bun, Marinated Broccoli & Cauliflower Salad and Rosemary Potatoes</p> <p><i>Salad Bar</i></p>	<p>17 Roast Turkey w/Gravy, Cranberry Sauce, Sweet Potatoes, Green Beans, Romaine Salad w/Peppers & Dried Cranberries & WW Bread</p>	<p>18 Hawaiian Fish, Carrots, Crunchy Garden Slaw, Brown Rice Pilaf and Smoothie Bowl</p>	<p>19 Meat Loaf w/Gravy, Mashed Potatoes, Cold Pickled Beets, WW Bread and Fresh Orange</p>	<p>20</p> 
<p>21</p>	<p>22 Chicken Taco Salad, Tortilla Chips, Brown Rice, Peaches and Pears</p>	<p>23 Spinach Lasagna, Italian Vegetables, Romaine Salad and Garlic Bread</p> <p><i>Salad Bar</i></p>	<p>24 Chicken & Dumplings, Romaine Salad w/Peppers & Mandarins, WW Roll and Fresh Fruit</p>	<p>25 ½ Grilled Cheese Sandwich, Chunky Chicken Noodle Soup, Chopped Salad, WW Bread and Orange</p>	<p>26 Happy Halloween Turkey Cranberry Wrap w/ ¼ Orange, Rich Pumpkin Soup, Waldorf Salad and Ice Cream</p>	<p>27</p> 
<p>Menu Is Subject To Change Without Notice</p>	<p>29 Spaghetti w/Meat Sauce, Broccoli, Spinach Salad w/Dried Cranberries & Sliced Almonds, White Pasta and WW French Bread</p>	<p>30 Vegetarian Bean & Cheese Burrito, Corn & Green Chili Salad, WW Tortilla and Orange</p> <p><i>Salad Bar</i></p>	<p>31 Chicken Salad Sandwich, Cream of Tomato Soup, Apple Poppy Seed Coleslaw and WW or Rye Bread</p>		<p>Senior Information 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>