




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



JULY 2019




SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Legal Service 464-3069 1-800-972-0002</p>	<p>1 Salisbury Steak w/Gravy, Mashed Potatoes, Green Beans w/Corn & Red Peppers, WW Bread and Cantaloupe</p>	<p>2 Vegetarian Pizza, Romaine Salad w/Peppers & Tomatoes, Fresh Orange and Ice Cream Salad Bar</p>	<p>3 Pork Roast w/Gravy, Mashed Potatoes, Carrots & Peas and Whole Wheat Bread</p>	<p>4 HAPPY 4TH OF JULY Site Closed</p>	<p>5 Garlic-Ginger Chicken, Okra w/Tomatoes & Onions, Evie's Bean Salad, Steamed Brown Rice & Watermelon</p>	<p>6  Happy 4th of July</p>
7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
<p>14 </p>	<p>15 Spaghetti w/Meat Sauce, Italian Vegetables, Tossed Salad and Garlic Bread</p>	<p>16 Scrambled Egg w/Green Onion Garnish, Oven Brownd Potatoes, WW Biscuit w/Gravy and Cantaloupe Salad Bar</p>	<p>17 Pulled Chicken Sandwich on WW Bun, Baked Sweet Potatoes and Tangy Coleslaw</p>	<p>18 Beef Stew, Spinach and Mandarin Salad, Cornbread and Fresh Fruit</p>	<p>19 Chef Salad, Whole Wheat Roll and Watermelon</p>	20
21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
<p>28 Menu Is Subject To Change Without Notice</p>	<p>29 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe</p>	<p>30 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges Salad Bar</p>	<p>31 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread</p>		<p>Senior Information 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>

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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
<p>14 </p>	<p>15 Spaghetti w/Meat Sauce, Italian Vegetables, Tossed Salad and Garlic Bread</p>	<p>16 Scrambled Egg w/Green Onion Garnish, Oven Brownd Potatoes, WW Biscuit w/Gravy and Cantaloupe Salad Bar</p>	<p>17 Pulled Chicken Sandwich on WW Bun, Baked Sweet Potatoes and Tangy Coleslaw</p>	<p>18 Beef Stew, Spinach and Mandarin Salad, Cornbread and Fresh Fruit</p>	<p>19 Chef Salad, Whole Wheat Roll and Watermelon</p>	20
21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
<p>28 Menu Is Subject To Change Without Notice</p>	<p>29 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe</p>	<p>30 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges Salad Bar</p>	<p>31 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread</p>		<p>Senior Information 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>

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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
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21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
<p>28 Menu Is Subject To Change Without Notice</p>	<p>29 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe</p>	<p>30 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges Salad Bar</p>	<p>31 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread</p>		<p>Senior Information 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>

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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
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7	8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon	9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar	10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges	11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut	12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake	13 
14 	15 Spaghetti w/Meat Sauce, Italian Vegetables, Tossed Salad and Garlic Bread	16 Scrambled Egg w/Green Onion Garnish, Oven Brownd Potatoes, WW Biscuit w/Gravy and Cantaloupe Salad Bar	17 Pulled Chicken Sandwich on WW Bun, Baked Sweet Potatoes and Tangy Coleslaw	18 Beef Stew, Spinach and Mandarin Salad, Cornbread and Fresh Fruit	19 Chef Salad, Whole Wheat Roll and Watermelon	20
21	22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit	23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar	24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins	25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp	26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar	27
28 Menu Is Subject To Change Without Notice	29 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe	30 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges Salad Bar	31 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread		Senior Information 464-3069	HICAP AT DNSC 464-7876

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<p>Senior Legal Service 464-3069 1-800-972-0002</p>	<p>1 Salisbury Steak w/Gravy, Mashed Potatoes, Green Beans w/Corn & Red Peppers, WW Bread and Cantaloupe</p>	<p>2 Vegetarian Pizza, Romaine Salad w/Peppers & Tomatoes, Fresh Orange and Ice Cream Salad Bar</p>	<p>3 Pork Roast w/Gravy, Mashed Potatoes, Carrots & Peas and Whole Wheat Bread</p>	<p>4 HAPPY 4TH OF JULY Site Closed</p>	<p>5 Garlic-Ginger Chicken, Okra w/Tomatoes & Onions, Evie's Bean Salad, Steamed Brown Rice & Watermelon</p>	<p>6  Happy 4th of July</p>
7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
<p>14 </p>	<p>15 Spaghetti w/Meat Sauce, Italian Vegetables, Tossed Salad and Garlic Bread</p>	<p>16 Scrambled Egg w/Green Onion Garnish, Oven Brownd Potatoes, WW Biscuit w/Gravy and Cantaloupe Salad Bar</p>	<p>17 Pulled Chicken Sandwich on WW Bun, Baked Sweet Potatoes and Tangy Coleslaw</p>	<p>18 Beef Stew, Spinach and Mandarin Salad, Cornbread and Fresh Fruit</p>	<p>19 Chef Salad, Whole Wheat Roll and Watermelon</p>	20
21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
<p>28 Menu Is Subject To Change Without Notice</p>	<p>29 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe</p>	<p>30 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges Salad Bar</p>	<p>31 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread</p>		<p>Senior Information 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>

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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
<p>14 </p>	<p>15 Spaghetti w/Meat Sauce, Italian Vegetables, Tossed Salad and Garlic Bread</p>	<p>16 Scrambled Egg w/Green Onion Garnish, Oven Brownd Potatoes, WW Biscuit w/Gravy and Cantaloupe Salad Bar</p>	<p>17 Pulled Chicken Sandwich on WW Bun, Baked Sweet Potatoes and Tangy Coleslaw</p>	<p>18 Beef Stew, Spinach and Mandarin Salad, Cornbread and Fresh Fruit</p>	<p>19 Chef Salad, Whole Wheat Roll and Watermelon</p>	20
21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
<p>28 Menu Is Subject To Change Without Notice</p>	<p>29 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe</p>	<p>30 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges Salad Bar</p>	<p>31 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread</p>		<p>Senior Information 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>

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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
<p>14 </p>	<p>15 Spaghetti w/Meat Sauce, Italian Vegetables, Tossed Salad and Garlic Bread</p>	<p>16 Scrambled Egg w/Green Onion Garnish, Oven Brownd Potatoes, WW Biscuit w/Gravy and Cantaloupe Salad Bar</p>	<p>17 Pulled Chicken Sandwich on WW Bun, Baked Sweet Potatoes and Tangy Coleslaw</p>	<p>18 Beef Stew, Spinach and Mandarin Salad, Cornbread and Fresh Fruit</p>	<p>19 Chef Salad, Whole Wheat Roll and Watermelon</p>	20
21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
<p>28 Menu Is Subject To Change Without Notice</p>	<p>29 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe</p>	<p>30 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges Salad Bar</p>	<p>31 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread</p>		<p>Senior Information 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>

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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
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21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
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<p>14 </p>	<p>15 Spaghetti w/Meat Sauce, Italian Vegetables, Tossed Salad and Garlic Bread</p>	<p>16 Scrambled Egg w/Green Onion Garnish, Oven Brownd Potatoes, WW Biscuit w/Gravy and Cantaloupe Salad Bar</p>	<p>17 Pulled Chicken Sandwich on WW Bun, Baked Sweet Potatoes and Tangy Coleslaw</p>	<p>18 Beef Stew, Spinach and Mandarin Salad, Cornbread and Fresh Fruit</p>	<p>19 Chef Salad, Whole Wheat Roll and Watermelon</p>	20
21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
<p>28 Menu Is Subject To Change Without Notice</p>	<p>29 Oven Fried Chicken w/Gravy, Mashed Potatoes, Zucchini w/Corn & Onions, WW Bread and Cantaloupe</p>	<p>30 Stuffed Baked Potato w/Chili & Cheese, Carrots, Spinach Salad w/Raisins & Balsamic Dressing, WW Bread and Oranges Salad Bar</p>	<p>31 Meatloaf, Mashed Potatoes w/Gravy, Creole Green Beans, Romaine Salad w/Peppers & Tomatoes and WW Bread</p>		<p>Senior Information 464-3069</p>	<p>HICAP AT DNSC 464-7876</p>

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7	<p>8 Swiss Steak w/Gravy, Mashed Potatoes, Spinach, Romaine Salad w/Peppers & Tomatoes, WW Roll and Watermelon</p>	<p>9 Spinach Lasagna, Broccoli & Cauliflower, Tossed Romaine Salad and Garlic Bread Salad Bar</p>	<p>10 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges</p>	<p>11 Tuna Noodle Casserole, Romaine Salad w/Tomatoes and Pineapple with Coconut</p>	<p>12 Chicken & Dumplings, Spinach Salad and Strawberry Shortcake</p>	<p>13 </p>
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21	<p>22 Sweet N Sour Chicken, Oriental Vegetables, Sesame Ginger Cucumbers, Brown Rice and Fresh Fruit</p>	<p>23 Spinach Quiche, Oven Brownd Potatoes, Three Bean Salad, WW Bread and Cantaloupe & Grapes Salad Bar</p>	<p>24 Baked Fish, Braised Cabbage w/Dill, Ruth's Carrot Salad, Oven Brown Rice Pilaf and Oranges Jello w/Mandarins</p>	<p>25 Beef Stroganoff w/WW Noodles, Green Beans w/Garlic, Tangy Coleslaw and Apple Crisp</p>	<p>26 <i>Christmas in July</i> Roast Turkey w/Gravy, Mashed Potatoes, Broccoli w/Red Peppers, WW Bread, Watermelon and Ginger Bread w/Powdered Sugar</p>	27
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