






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.

FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
Senior Information 464-3069		 <i>Happy Valentine's Day</i>				1 Menu is Subject To Change Without Notice
2 	3 Chili Con Carne w/Beans, Spinach Salad, Cornbread and Fresh Fruit	4 WW Grilled Cheese Sandwich, Tomato Basil Soup, Tossed Salad w/Carrots and Applesauce Salad Bar	5 Chicken Supreme, Broccoli Normandy, Brown Rice and Peach Crisp	6 Old Fashion American Hamburger on WW Bun w/Romaine Lettuce, Tomato & Onion, Potato Wedges & Tangy Coleslaw	7 Salisbury Steak w/ Gravy, Mashed Potatoes, Broccoli, Tossed Salad and WW Bread	8 Senior Legal Service 464-3069 1-800-972-0002 X304
9 Energy and Weatherization Program at DNSC 464-9013	10 Savory Chicken w/Mashed Potatoes and Gravy, Broccoli, WW Bread and Peaches	11 Spinach Lasagna, Brussel Sprouts, Tossed Romaine Salad w/Garlic Bread Salad Bar	12 Chicken and Dumplings, Carrot Raisin Salad and Orange	13 Pork Loin w/Gravy, Sweet Potatoes, Cauliflower w/Parsley, WW Bread and Applesauce w/Cinnamon	14 <i>Happy Valentine's Day</i> Swiss Steak w/Gravy, Mashed Potatoes, Spinach Salad, WW Bread and Black Cherry Ice Cream	15  <small>shutterstock, 22879789</small>
16  <small>shutterstock - 22879789</small>	17 <i>President's Day</i> <i>Site Closed</i>	18 Variety Pizza, Romaine Salad w/Tomatoes and Peppers and Mixed Fruit Salad Bar	19 Sweet n Sour Pork, Oriental Vegetable Blend, Steamed Brown Rice and Oranges	20 Tuna Casserole, Green Beans, Spinach w/Peppers and Tomatoes WW Dinner Roll and Pear & Yogurt Sundae	21 Pot Roast w/Gravy, Roasted Carrots and Potatoes, Pineapple Coleslaw, WW Bread	22 HICAP AT DNSC 707-444-3000
23	24 Green Chili Stew, Spinach Salad w/Mandarins, Cornbread and Pears w/Raisins	25 Vegetarian Taco Salad w/ WW Bread and Fresh Apple	26 Chicken Paprika, Peas, WW Pasta and Oranges	27 Tuna Sandwich on WW Bread w/Lettuce & Tomato, onions on side, Homemade Tomato Soup and Fresh Orange	28 Happy Birthday Roast Turkey, Gravy w/Cranberry Sauce, Garlic Green Beans, WW Dinner Roll and Apple Crisp	29