DEL NORTE SENIOR CENTER — community Action PARTNERSHIP OF DEL NORTE

November 2024

Suggested meal contribution: $3.00. No one over 60 will be denied a meal for inability to contribute. Those under 60 must pay a fee.

MON	TUE	WED	THU	FRI	SAT
Saltshaker indicates a higher sodium meal. Low-fat milk served with every meal.				1 Egg Casserole, Rosmary Potatoes, WW Muffin & Warm Fruit Compote	2 **Menu is Subject To Change Without Notice**
3 **Menu is Subject To Change Without Notice**	4 Meatloaf, Mashed Potatoes, Carrots, WW Bread & Mixed Fruit Cup	5 Hamburger on WW Bun Baked Beans Corn & Pineapple Tidbits	6 Teriyaki Chicken, Steamed Rice, Broccoli & Banana	7 Beef Lasagna, Italian Squash Mix, Garlic Bread & Applesauce	8 Turkey Tarragon Sandwich on WW Bread, Tomato Juice, WW Cracker, Fig Newton & Banana	9
10	11 Site Closed Veterans Day	12 Peanut Butter and Jelly Sandwich, V-8 juice, Cracker, Cottage Cheese Cup & Peaches	13 Chili Relleno Casserole, Black Beans, Spanish Rice & Tropical Fruit Cup	14 Roast Chicken, Scalloped Potatoes, Steamed Spinach, WW Roll & Fresh Fruit	15 Chinese Chicken Salad, WW Roll Mandarin Oranges & Fortune Cookie	16
17	18 Beef Stew, Corn Bread, V-8 Juice & Pears	*19* Vegetarian Chili, Corn Bread, Green Salad, &WW Cracker, Mixed Fruit Cup	20 Sweet & Sour Chicken, Brown Rice, Asian Mixed Vegetables, Mandarin Oranges & Fortune Cookie	21 Whole Grain Spaghetti w/Meat Sauce, Green Salad w/Dressing, Garlic Bread & Fresh Fruit	22 **Happy Birthday** Roast Turkey, Mashed Potatoes w/Gravy, Green Bean Casserole, WW Roll Cranberry Sauce & Pumpkin Pie	23
24	25 Spanish Frittata, WW Muffin, Cheese Stick, Sweet Potato Nuggets & Tropical Fruit Cup	26 Baked Fish, Rice Pilaf, Sauteed Cabbage, Garlic Bread & Fresh Fruit	27 Turkey/Cranberry Wrap, Pumpkin Soup, WW Cracker & Applesauce	28 **Thanksgiving Holiday Site Closed**	29 **Thanksgiving Holiday Site Closed**	**Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304**