

Del Norte Senior Center
 1765 Northcrest Drive
 Crescent City, CA 95531
 707-464-3069

COME JOIN US!!!
 Lunch Served Daily
 Monday Thru Friday
 11:30am TO 12:30Pm

APRIL 2019

	<p>1 Chicken Gumbo, Tender Greens w/Fruit, Crusty Roll and Fresh Fruit</p>	<p>2 Vegetarian Taco Salad w/Black Beans & Cheese, Tortilla Chips, Brown Rice and ¼ Orange Salad Bar</p>	<p>3 Tuna Salad Sandwich w/WW Bread, Cream of Potato Soup, Chilly Dilly Carrots and Fresh Orange</p>	<p>4 Spaghetti w/Meat Sauce, Broccoli, Tossed Salad, Whole Wheat Roll and Fresh Fruit</p>	<p>5 Salisbury Steak, Mashed Potatoes w/Gravy, Spinach, Romaine Salad w/Peppers, Garlic Bread and Bananas Foster</p>	<p>6</p>
<p>7</p>	<p>8 Oven Fried Chicken, Sweet Potatoes, Green Beans w/Red Peppers, Tangy Coleslaw w/Mandarins, WW Roll and Fresh Fruit</p>	<p>9 Macaroni & Cheese w/Spiral Noodles, Carrots & Broccoli, Romaine Salad w/Tomatoes & Peppers, WW Roll and Fresh Fruit Salad Bar</p>	<p>10 Fish Fillets w/ Tarter Sauce Dilled Green Beans Romaine Salad w/ Green Peppers & Tomatoes, Cornbread and Fruit Cocktail</p>	<p>11 Stuffed Baked Potato w/Beef Chili & Cheese, Onions & Broccoli, Carrot & Raisin Salad and Whole Wheat Bread</p>	<p>12 Turkey Enchilada Verde w/Tortilla Chips, Unfried Beans, Tangy Coleslaw and Sliced Oranges w/Coconut</p>	<p>13</p> 
<p>14</p> 	<p>15 Spaghetti w/Meat Sauce, Green Beans w/Garlic, Tossed Salad, Whole Wheat Roll and Fresh Fruit</p>	<p>16 Spinach Quiche, Romaine Salad w/Tomato and Carmel Apples Salad Bar</p>	<p>17 Pozole w/Toppings, Mexican Spinach Salad, Warm WW Tortilla's and Strawberries</p>	<p>18 Stir Fried Chicken & Vegetables, Brown Rice and Pineapple w/Coconut</p>	<p>19 Earth Day Chef Salad, Whole Wheat Roll and Fresh Orange</p>	<p>20</p>
<p>21</p> <p>Senior Information 464-3069</p>	<p>22 Oven Baked Chicken, Sautéed Cabbage, Spinach Salad, Brown Rice and Fresh Fruit</p>	<p>23 Veggie Pizza, Romaine Salad w/Red Peppers & Tomatoes, Fresh Orange and Pistachio Ice Cream Salad Bar</p>	<p>24 Turkey Sandwich w/Lettuce & Tomato on WW Bread, Carrot Curry Soup and Broccoli Delight</p>	<p>25 Hawaiian Meatballs, California Blend, Tossed Salad, Brown Rice and Pear & Yogurt Sundae</p>	<p>26 Happy Birthday Sweet n Sour Pork w/Pineapple, Oriental Mixed Vegetables, Oriental Rice w/Almonds, Oranges and Birthday Cake</p>	<p>27</p> 
<p>28</p> 	<p>29 Singapore Curry w/Tomatoes & Pineapple, Spinach Salad w/Mandarins and Brown Rice</p>	<p>30 Vegetarian Taco Salad w/Beans, Tomatoes & Cheese, Tortilla Chips, Brown Rice and Cantaloupe Salad Bar</p>				