








Del Norte Senior Center
1765 Northcrest Drive
Crescent City, CA 95531

COME JOIN US!!!
Lunch Served Daily
Monday Thru Friday

January 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Site Closed For New Year	2 Vegetarian Pizza Romaine Salad w/peppers & tomatoes, fresh Apple Salad Bar 11:15-12:15	3 Pork Tortilla Soup, Spinach Salad w/Mandarin Orange, Fresh Fruit, Marshmallow Squares	4 Sloppy Joe's on WW Bun, Sweet Potatoes Fries, Tangy Coleslaw, Peaches	5 Baked Fish, Winter Squash Citrus Salad, Broccoli, Texas Rice	6 Menu is Subject To Change Without Notice
7 HICAP AT DNSC 464-7876	8 Swiss Steak Mashed Potatoes Brussel Sprouts w/Balsamic & Garlic Whole Wheat Bread, Applesauce	9 Veggie Burger on WW Bun W/lettuce, tomato, onion Marinated Vegetable Salad, Apricots Salad Bar 11:15-12:15	10 Oven Baked Chicken, Sweet Potatoes Sautéed Cabbage Whole Wheat Bread	11 Pulled Pork Sandwich Homemade Tomato Soup Apple Poppy Seed Coleslaw	12 Spaghetti with Meat Sauce, Broccoli, Spinach Salad, WW Garlic Bread, Pears	13 
.14 	15 Site Closed For Martin Luther King Day	16 Baked Ziti Four Cheeses, Cauliflower w/parsley, Spinach Salad w/Apples, Garlic Bread Salad Bar 11:15-12:15	17 Beef Stew, Tossed Salad w/ tomato & peppers, Biscuit	18 Tuna Sandwich, Pasta Vegetable Soup, Romaine Salad w/ tomato & peppers	19 Stir Fry Chicken w/vegetables, Brown Rice, Sesame Coleslaw, Peaches	20 
21 	22 Chicken a La King, Tangy Coleslaw, Biscuit, Apple	23 Vegetarian Taco Salad w/cheese, Brown Rice, Tortilla Chips Orange Slices Salad Bar 11:15-12:15	24 Meat Loaf and Gravy, Mashed Potatoes Butternut Squash WW Bread Oranges	25 Chicken Noodle Soup, Spinach Salad w/ feta & red peppers, Whole Wheat Roll Apple Crisp	26 Roasted Turkey w/stuffing & gravy, Sweet Potatoes, Peas, Cranberry Sauce, BIRTHDAY CAKE!	27 
28 	29 Chicken Gumbo, Brown Rice, Zucchini, New Orleans Cabbage Salad, Pears & Peaches	30 Egg Salad Sandwiches, Cream of Carrot Soup, Spinach Salad, WW or Rye Bread, Fresh Apple Salad Bar 11:15-12:15	31 Beef Stew/potatoes & carrots, Tossed Salad w/ tomatoes Biscuits Peaches	Energy and Weatherization Program at DNSC 464-9013	Senior Legal Service 464-3069	Senior Information 464-3069 ext. 207