





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



# NOVEMBER 2019





SUN	MON	TUE	WED	THU	FRI	SAT
Senior Legal Service 464-3069 1-800-972-0002					1 Baked Chicken w/ Gravy, Mashed Potatoes, Braised Cabbage, WW Bread, Orange	2  <b>Set Back Clocks</b>
3 	4 Pulled Chicken Sandwich on WW Bun, Sweet Potato Fries, Tangy Coleslaw and Oranges	5 Chili Relleno Casserole, Unfried Beans, Romaine and Spinach Salad with Mandarins <i>Salad Bar</i>	6 Meatloaf w/Gravy Mashed Potatoes, Braised Spinach, WW Bread and Pineapple	7 Shepherd's Pie, Honey Bee Ambrosia, Whole Wheat Bread and Tapioca Pudding	8 Chicken-Spinach Salad with Red Onion and Tomatoes, Chunky Corn Chowder, Corn Bread and Oranges	9 <b>HICAP            AT DNCS</b> 707-444-3000
10	11 <b>Site Closed            Veterans            Day</b>	12 Spinach Quiche, Rosemary Potatoes, Harvest Muffin and Spicy Fruit Compote <i>Salad Bar</i>	13 Chicken Marsala, Italian Mix, Pineapple Coleslaw and WW pasta	14 Eldorado Chili, Tossed Salad with Tomatoes and Peppers, Cornbread and Fruit	15 Roast Pork w/ Gravy Mashed Potatoes, Green Beans, Tangy Coleslaw WW Bread and Northwest Honeyed Pears	16 
17	18 Sweet and Sour Chicken, Broccoli and Carrots, Sesame Coleslaw, Brown and Sticky Rice	19 Vegetarian Taco Salad and Cantaloupe <b>NO Salad Bar</b>	20 Garlic Ginger Chicken, Capri Blend, Honey Bee Ambrosia and Fried Rice with Peas	21 Tuna Sandwich on WW Bread, Pea Soup, Carrot Raisin Salad and Sliced Oranges	22 <b>BirthDay Friday</b> Roast Turkey, Mashed Potatoes w/ Gravy Green Bean Casserole, Cranberry Salad, Stuffing and Pumpkin Pie Cake w/ Whipped Cream	23
24 <b>Menu Is Subject            To Change            Without Notice</b>	25 Salisbury Steak, Mashed Potatoes and Gravy, Spinach, Romaine w Green Peppers and Whole Wheat Roll	26 Ziti with Four Cheeses, Broccoli, Tossed Salad, Garlic Bread and Fresh Fruit <i>Salad Bar</i>	27 French Style Pork Stew Spinach Salad Whole Wheat Bread and Oranges	28 <b>Site Closed            Happy            Thanksgiving!</b>	29 <b>Site Closed            Happy            Thanksgiving!</b>	30 

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 11:30am TO 12:30Pm



# NOVEMBER 2019





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Senior Legal Service 464-3069 1-800-972-0002					1 Baked Chicken w/ Gravy, Mashed Potatoes, Braised Cabbage, WW Bread, Orange	2  <b>Set Back Clocks</b>
3 	4 Pulled Chicken Sandwich on WW Bun, Sweet Potato Fries, Tangy Coleslaw and Oranges	5 Chili Relleno Casserole, Unfried Beans, Romaine and Spinach Salad with Mandarins <i>Salad Bar</i>	6 Meatloaf w/Gravy Mashed Potatoes, Braised Spinach, WW Bread and Pineapple	7 Shepherd's Pie, Honey Bee Ambrosia, Whole Wheat Bread and Tapioca Pudding	8 Chicken-Spinach Salad with Red Onion and Tomatoes, Chunky Corn Chowder, Corn Bread and Oranges	9 <b>HICAP            AT DNCS</b> 707-444-3000
10	11 <b>Site Closed            Veterans            Day</b>	12 Spinach Quiche, Rosemary Potatoes, Harvest Muffin and Spicy Fruit Compote <i>Salad Bar</i>	13 Chicken Marsala, Italian Mix, Pineapple Coleslaw and WW pasta	14 Eldorado Chili, Tossed Salad with Tomatoes and Peppers, Cornbread and Fruit	15 Roast Pork w/ Gravy Mashed Potatoes, Green Beans, Tangy Coleslaw WW Bread and Northwest Honeyed Pears	16 
17	18 Sweet and Sour Chicken, Broccoli and Carrots, Sesame Coleslaw, Brown and Sticky Rice	19 Vegetarian Taco Salad and Cantaloupe <b>NO Salad Bar</b>	20 Garlic Ginger Chicken, Capri Blend, Honey Bee Ambrosia and Fried Rice with Peas	21 Tuna Sandwich on WW Bread, Pea Soup, Carrot Raisin Salad and Sliced Oranges	22 <b>BirthDay Friday</b> Roast Turkey, Mashed Potatoes w/ Gravy Green Bean Casserole, Cranberry Salad, Stuffing and Pumpkin Pie Cake w/ Whipped Cream	23
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Senior Legal Service 464-3069 1-800-972-0002					1 Baked Chicken w/ Gravy, Mashed Potatoes, Braised Cabbage, WW Bread, Orange	2  <b>Set Back Clocks</b>
3 	4 Pulled Chicken Sandwich on WW Bun, Sweet Potato Fries, Tangy Coleslaw and Oranges	5 Chili Relleno Casserole, Unfried Beans, Romaine and Spinach Salad with Mandarins <i>Salad Bar</i>	6 Meatloaf w/Gravy Mashed Potatoes, Braised Spinach, WW Bread and Pineapple	7 Shepherd's Pie, Honey Bee Ambrosia, Whole Wheat Bread and Tapioca Pudding	8 Chicken-Spinach Salad with Red Onion and Tomatoes, Chunky Corn Chowder, Corn Bread and Oranges	9 <b>HICAP            AT DNCS</b> 707-444-3000
10	11 <b>Site Closed            Veterans            Day</b>	12 Spinach Quiche, Rosemary Potatoes, Harvest Muffin and Spicy Fruit Compote <i>Salad Bar</i>	13 Chicken Marsala, Italian Mix, Pineapple Coleslaw and WW pasta	14 Eldorado Chili, Tossed Salad with Tomatoes and Peppers, Cornbread and Fruit	15 Roast Pork w/ Gravy Mashed Potatoes, Green Beans, Tangy Coleslaw WW Bread and Northwest Honeyed Pears	16 
17	18 Sweet and Sour Chicken, Broccoli and Carrots, Sesame Coleslaw, Brown and Sticky Rice	19 Vegetarian Taco Salad and Cantaloupe <b>NO Salad Bar</b>	20 Garlic Ginger Chicken, Capri Blend, Honey Bee Ambrosia and Fried Rice with Peas	21 Tuna Sandwich on WW Bread, Pea Soup, Carrot Raisin Salad and Sliced Oranges	22 <b>BirthDay Friday</b> Roast Turkey, Mashed Potatoes w/ Gravy Green Bean Casserole, Cranberry Salad, Stuffing and Pumpkin Pie Cake w/ Whipped Cream	23
24 <b>Menu Is Subject            To Change            Without Notice</b>	25 Salisbury Steak, Mashed Potatoes and Gravy, Spinach, Romaine w Green Peppers and Whole Wheat Roll	26 Ziti with Four Cheeses, Broccoli, Tossed Salad, Garlic Bread and Fresh Fruit <i>Salad Bar</i>	27 French Style Pork Stew Spinach Salad Whole Wheat Bread and Oranges	28 <b>Site Closed            Happy            Thanksgiving!</b>	29 <b>Site Closed            Happy            Thanksgiving!</b>	30 

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<p>24  <b>Menu Is Subject            To Change            Without Notice</b></p>	<p>25 Salisbury Steak,            Mashed Potatoes and            Gravy, Spinach,            Romaine w Green            Peppers and Whole            Wheat Roll</p>	<p>26 Ziti with Four            Cheeses, Broccoli,            Tossed Salad, Garlic            Bread and Fresh Fruit  <i>Salad Bar</i></p>	<p>27 French Style            Pork Stew Spinach            Salad Whole Wheat            Bread and Oranges</p>	<p>28  <b>Site Closed            Happy            Thanksgiving!</b></p>	<p>29  <b>Site Closed            Happy            Thanksgiving!</b></p>	<p>30</p> 

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3 	4 Pulled Chicken Sandwich on WW Bun, Sweet Potato Fries, Tangy Coleslaw and Oranges	5 Chili Relleno Casserole, Unfried Beans, Romaine and Spinach Salad with Mandarins <i>Salad Bar</i>	6 Meatloaf w/Gravy Mashed Potatoes, Braised Spinach, WW Bread and Pineapple	7 Shepherd's Pie, Honey Bee Ambrosia, Whole Wheat Bread and Tapioca Pudding	8 Chicken-Spinach Salad with Red Onion and Tomatoes, Chunky Corn Chowder, Corn Bread and Oranges	9 <b>HICAP            AT DNCS</b> 707-444-3000
10	11 <b>Site Closed            Veterans            Day</b>	12 Spinach Quiche, Rosemary Potatoes, Harvest Muffin and Spicy Fruit Compote <i>Salad Bar</i>	13 Chicken Marsala, Italian Mix, Pineapple Coleslaw and WW pasta	14 Eldorado Chili, Tossed Salad with Tomatoes and Peppers, Cornbread and Fruit	15 Roast Pork w/ Gravy Mashed Potatoes, Green Beans, Tangy Coleslaw WW Bread and Northwest Honeyed Pears	16 
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3 	4 Pulled Chicken Sandwich on WW Bun, Sweet Potato Fries, Tangy Coleslaw and Oranges	5 Chili Relleno Casserole, Unfried Beans, Romaine and Spinach Salad with Mandarins <i>Salad Bar</i>	6 Meatloaf w/Gravy Mashed Potatoes, Braised Spinach, WW Bread and Pineapple	7 Shepherd's Pie, Honey Bee Ambrosia, Whole Wheat Bread and Tapioca Pudding	8 Chicken-Spinach Salad with Red Onion and Tomatoes, Chunky Corn Chowder, Corn Bread and Oranges	9 <b>HICAP            AT DNCS</b> 707-444-3000
10	11 <b>Site Closed            Veterans            Day</b>	12 Spinach Quiche, Rosemary Potatoes, Harvest Muffin and Spicy Fruit Compote <i>Salad Bar</i>	13 Chicken Marsala, Italian Mix, Pineapple Coleslaw and WW pasta	14 Eldorado Chili, Tossed Salad with Tomatoes and Peppers, Cornbread and Fruit	15 Roast Pork w/ Gravy Mashed Potatoes, Green Beans, Tangy Coleslaw WW Bread and Northwest Honeyed Pears	16 
17	18 Sweet and Sour Chicken, Broccoli and Carrots, Sesame Coleslaw, Brown and Sticky Rice	19 Vegetarian Taco Salad and Cantaloupe <b>NO Salad Bar</b>	20 Garlic Ginger Chicken, Capri Blend, Honey Bee Ambrosia and Fried Rice with Peas	21 Tuna Sandwich on WW Bread, Pea Soup, Carrot Raisin Salad and Sliced Oranges	22 <b>BirthDay Friday</b> Roast Turkey, Mashed Potatoes w/ Gravy Green Bean Casserole, Cranberry Salad, Stuffing and Pumpkin Pie Cake w/ Whipped Cream	23
24 <b>Menu Is Subject            To Change            Without Notice</b>	25 Salisbury Steak, Mashed Potatoes and Gravy, Spinach, Romaine w Green Peppers and Whole Wheat Roll	26 Ziti with Four Cheeses, Broccoli, Tossed Salad, Garlic Bread and Fresh Fruit <i>Salad Bar</i>	27 French Style Pork Stew Spinach Salad Whole Wheat Bread and Oranges	28 <b>Site Closed            Happy            Thanksgiving!</b>	29 <b>Site Closed            Happy            Thanksgiving!</b>	30 

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



# NOVEMBER 2019

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