






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
 Monday Thru Friday
 11:00am TO 12:30Pm



May 2023

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

SUN	MON	TUE	WED	THU	FRI	SAT
Saltshaker indicates a higher sodium meal. Low-fat milk served with every meal. 	1 Tuna Noodle Casserole, Mixed Vegetables, W/W Roll & Orange	2 Vegetarian Chili, Corn Bread, W/W Cracker & Yogurt with Fruit	3 Chicken Supreme, Broccoli Normandy, Buttered Noodles, W/W Roll & Fruit Cup	4 Pulled Pork Sandwich on W/W Bun, Baked Beans, Cole Slaw & Banana	5 Cinco De Mayo Taco Casserole, Spanish Rice, Tortilla Chips, Green Salad & Fiesta Cake	6 Menu is Subject To Change Without Notice
7 Menu is Subject To Change Without Notice	8 Diced Chicken, Au Gratin Potatoes, Peas & Carrots, W/W Bread & Fruit Cup	9 Spanish Frittata, Cheese Stick, Muffin & Peaches	10 Chinese Chicken Salad, W/W Roll, Mandarin Oranges & Fortune Cookie	11 Baked Turkey Ham, Sweet Potatoes, Succotash, W/W Roll & Pears	12 Chef Salad, W/W Roll, W/W Cracker & Fruit Cup	13  shutterstock - 244078135
14	15 Scoop of Tuna Salad Green Pea Salad W/W Roll, W/W Cracker & Peaches	16 Easy Egg Casserole, Muffin, Oven Fried Potatoes, & Orange	17 Meatloaf W/Gravy, Mashed Potatoes, Carrots, W/W Bread & Fruit Cup	18 Beef and Bean Chili, Corn Bread, Green Salad W/ Dressing & Applesauce	19 BBQ Chicken, Steamed Rice, Broccoli, Banana & Fortune Cookie	20
21 	22 Whole Grain Spaghetti W/Zesty Meat Sauce, Green Salad W/Dressing & Applesauce	23 Chili Relleno Casserole, Spanish Rice, Beans & Oranges	24 Chicken Pot Pie, Biscuit, Vegetable Oregon Blend Medley & Fruit Cup	25 Roasted Chicken, Scalloped Potatoes, Green Beans, W/W Roll & Fruit Cup	26 Happy Birthday Salisbury Steak W/Gravy, Mashed Potatoes, Mixed Vegetable, W/W Roll & Fruit Cup	27  shutterstock - 149227811
28	29 Memorial Day 	30 Minestrone Soup, Egg Salad Sandwich On W/W Bread, W/W Crackers & Pineapple Chunks	31 Baked Fish, Scalloped Potatoes, Sautéed Cabbage, W/W Bread & Pears			Senior Legal Service 464-3069 1-800-972-0002 X304 1-707-445-0866 X304