





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

COME JOIN US!!!
 Lunch Served Daily
 Monday Thru Friday
 11:30a.m. TO 12:30p.m.

FEBRUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Senior Information 464-3069 ext. 207</p>	 <p style="font-size: small; text-align: right;">shutterstock - 228799789</p>				<p>1 Chili Con Carne w/Beans, Spinach Salad, Cornbread and Fresh Fruit</p>	<p>2 Menu is Subject To Change Without Notice</p>
<p>3</p>	<p>4 Spaghetti w/Meat Sauce, Italian Mixed Vegetables, Tossed Salad w/Cucumbers, Garlic Bread and Fresh Fruit</p>	<p>5 Stuffed Baked Potato w/Chili & Cheese, Onions & Broccoli, Spinach Salad w/Craisins & Balsamic Dressing, WW Bread and Fresh Fruit</p> <p style="text-align: center;">Salad Bar</p>	<p>6 Paprika Chicken, Broccoli & Cauliflower, Carrot & Pineapple Salad and Brown Rice</p>	<p>7 Hamburger w/Romaine, Lettuce, Tomato & Onion, Potato Wedges, Tangy Coleslaw and 50-50 Ice Cream Bars</p>	<p>8 Hot Turkey Sandwich w/Gravy, Mashed Potatoes, Broccoli, WW Bread and Fresh Orange</p>	<p>9</p>
<p>10</p> 	<p>11 Savory Chicken, Mashed Potatoes w/Gravy, Broccoli, WW Bread and Peaches</p>	<p>12 Vegetarian Bean & Cheese Burrito w/Lettuce, Tomato & Onions, Corn w/Red Peppers and Orange</p> <p style="text-align: center;">Salad Bar</p>	<p>13 Chicken and Dumplings, Carrot Raisin Salad and Orange</p>	<p>14 Happy Valentine's Day Swiss Steak w/Gravy, Mashed Potatoes, Spinach Salad w/Strawberries, WW Bread and Black Cherry Ice Cream</p>	<p>15 Pork Loin w/Gravy, Winter Squash/Sweet Potatoes, Cauliflower w/Parsley, WW Bread and Applesauce w/Cinnamon</p>	<p>16</p>  <p style="font-size: x-small; text-align: center;">Happy Valentine's Day</p>
<p>17</p>	<p>18</p> <p style="text-align: center;">President's Day</p> <p style="text-align: center;">Site Closed</p>	<p>19 Pesto Pizza, Romaine Salad w/Tomatoes & Peppers and Mixed Fruit</p> <p style="text-align: center;">Salad Bar</p>	<p>20 Sweet n Sour Pork, Oriental Vegetable Blend, Steamed Brown Rice and Oranges</p>	<p>21 Hearty Supper Soup, Spinach Salad w/Peppers & Tomatoes, WW Dinner Roll and Pear & Yogurt Sundae</p>	<p>22 Happy Birthday Pot Roast w/Gravy, Roasted Carrots and Potatoes, Pineapple Coleslaw, WW Bread and Birthday Cake</p>	<p>23</p> <p style="text-align: center;">Senior Legal Service 464-3069 1-800-972-0002 X304</p>
<p>24</p>  <p style="font-size: small; text-align: right;">shutterstock - 228799789</p>	<p>25 Green Chili Stew, Spinach Salad w/Mandarins, Cornbread and Pears w/Raisins</p>	<p>26 Spinach Egg Casserole, Roasted Potatoes, Romaine Salad w/Tomatoes, WW Bread and Fresh Apple</p> <p style="text-align: center;">Salad Bar</p>	<p>27 Chicken Paprika, Sweet Potatoes, Curry Pea Salad, WW Pasta and Oranges</p>	<p>28 Tuna Sandwich on WW Bread w/Lettuce & Tomato, onions on side, Homemade Tomato Soup and Fresh Orange</p>	<p style="text-align: center;">Energy and Weatherization Program at DNSC 464-9013</p>	<p style="text-align: center;">HICAP AT DNSC 464-7876</p>