




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

Lunch Served Daily
Monday Thru Friday
11:30a.m. TO 12:30p.m.



September 2020,

SUN	MON	TUE	WED	THU	FRI	SAT
Senior Information 464-3069 ext. 207		1. Vegetarian Chili, Romaine Salad, Corn Bread and Apples	2 Teriyaki Chicken, Green Beans w/Water Chestnuts & Mushrooms, Brown Rice and Sunny Fruit Salad	3 Italian Lasagna, Peas & Carrots, Romaine Salad w/Tomatoes & Peppers, Garlic Bread and Oranges	4 <i>Grandparents Day</i> Gourmet Swiss Steak Gravy, Mashed Potatoes, Carrots, Spinach Salad, WW Bread and Pudding	5 
6	7 Labor Day Site Closed	8 Easy Egg Casserole, Oven Browned Potatoes, Spinach Salad, Harvest Muffin and Peaches	9 Roast Turkey w/Gravy, Dressing, Cranberry Sauce, Mashed Potatoes, Broccoli and Fruit Salad	10 Meat Loaf w/Gravy, Mashed Potatoes, Peas & Carrots, WW Bread and Watermelon	11 Chinese Chicken Salad, Whole Wheat Dinner Roll and Mandarin Oranges	12
13 	14 Spaghetti, Green Beans, Romaine Salad, and Garlic Bread	15 Spinach Enchilada, Spinach Salad w/Red Peppers & Red Onions, Black Beans, Brown Rice and Fresh Fruit	16 ½ Tuna Salad w/Lettuce & Tomato on WW Bread, Minestrone Soup and Fresh Orange	17 Chili Con Carne, Romaine Salad w/Peppers & Tomatoes, Fresh Orange and Yogurt	18 Roast Pork, Sweet Potato Apple Bake, Cole Slaw and Apples	19
20 Menu is Subject To Change Without Notice	21 Crispy Baked Chicken Thighs, Mashed Potatoes & Gravy, Red Cabbage Toss, WW Roll and Pears	22 Spinach Lasagna, Romaine Salad, Garlic Bread and Jello	23 Chicken w/Orange Sauce, Rice, Oriental Vegetables and Mandarin Oranges	24 Chicken & Dumplings, Romaine Salad, w/w Bread and Peaches	25 Happy Birthday! Coloring Contest BBQ Hamburgers, Macaroni Salad, Corn, Watermelon and Cookies	26 
27	28 Salisbury Steak w/Gravy, Mashed Potatoes, Spinach, Citrus Salad w/Dressing and Whole Wheat Bread	29 Ziti with Four Cheeses, California Vegetables, Tossed Salad and Garlic Bread	30 Taco Salad & orange			HICAP AT DNSC 707-444-3000