

April

2019

Menu and Activities Calendar Santa Cruz Council on Aging, Inc.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Francisco Coronado April Fools Day Chorus Classes 9:30am to 11:30am Orange Chicken, Steamed Rice Stir Fry Vegetables, Fruit, Milk	2 Ramon Ross Exercise Class 10:30am Cheese Quesadilla, Beans, Fruit, Milk	3 Richard Garcia Spaghetti w/ Meatsauce, Broccoli, Dinner Roll WG, Fruit, Milk	4 Maria Saldivar Exercise Class 10:30am Taco Salad, Corn, Dinner Roll WG, Fruit, Milk	5 Veggie Lasagna, Carrots, Dinner Roll, Fruit, Milk	6	
7 Isabel Martinez	8 Chorus Classes 9:30am to 11:30am Lemmon Peppered Chicken, Rice Pilaf, Peas/Carrots, Fruit, Milk	9 Maria Ayon Exercise Class 10:30am Carne Con Chile, Broccoli, Spanish Rice, Fruit, Milk	10 Knitting Ham, Mashed Potatoes, Dinner Roll WG, Fruit, Milk	11 Exercise Class 10:30am Chicken Parmesan w/ Spaghetti, Carrots, Dinner Roll WG, Fruit, Milk	12 Gloria Rodriguez Cheese Enchiladas, Beans, Dinner Roll, Fruit, Milk	13	
14 Jaime Sierra	15 Pedro Ruiz Chorus Classes 9:30am to 11:30am Beef Tacos, Green Salad, Fruit, Milk	16 Exercise Class 10:30am Chicken Patty, Fries, Fruit, Milk	17 Pork Carnita Tacos, Green Beans, Fruit, Milk	18 Exercise Class 10:30am Picadillo, Beans, Spanish Rice, Fruit, Milk	19 Good Friday Burrito Breakfast Beans/Cheese Burrito, Carrots, Fruit, Milk	20	
21 Easter	22 Chorus Classes 9:30am to 11:30am Chicken Stir Fry, Steamed Rice, Stir Fry Vegetables, Fruit, Milk	23 Exercise Class 10:30am Hot Dog, Baby Carrots, Fruit, Milk	24 Knitting Chicken Fajitas, Beans, Spanish Rice, Fruit, Milk	25 Martina Casillas Garcia Maria Montelongo Exercise Class 10:30am Chipotle BBQ Meatloaf, Mashed Potatoes, Dinner Roll, Fruit, Milk	26 Chicken Chop Suey, Broccoli, Steamed Rice, Fruit, Milk	27 Jose Luis Debene	
28 Sara Martinez de Duran	29 Maria Consuelo Galvan Chorus Classes 9:30am to 11:30am Hamburger, Carrots, Fruit, Milk	30 Exercise Class 10:30am Breaded Chicken, Mashed Potatoes, Fruit, Milk					
		Notes: Birthdays Activities-Cards/Bingo daily after lunch Menu	THANKS TO OUR PARTNERS 			Menu Approved by: Alan Coker R.D. Sodexo Quality of Life Services 10802 N. Black Canyon HWY Phoenix, AZ 85053 Email: alan.coker@sodexo.com	