

February 2019

Menu and Activities Calendar Santa Cruz Council on Aging, Inc



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tostadas de Pollo, Rice, Milk, Pasta Soup	2 Francisco Lopez
3	4 Mirna Ortega Sandra Sullivan Chorus Classes 9:30am to 11:30am Cheese Enchiladas, Veggies, Beans, Lentil Soup	5 Ana Zuñiga Exercise Class 10am Chicken Alfredo, Veggies, Roll, Milk, Pasta Soup	6 Beef Lasagna, Green Salad, Roll, Milk, Pasta Soup	7 Exercise Class 10am Torta de Jamon, Potato Chips, Veggies, Milk, Rice, Soup	8 Chicken Parmesan, Pasta Primera, Veggies, Milk, Pasta soup, Salad Bar	9
10	11 Chorus Classes 9:30am to 11:30am Beef Tacos, Rice, Beans, Milk, Lentil Soup	12 Exercise Class 10am Ejotes con Chile, White Rice, Beans, Milk, Cheese Soup	13 Knitting Oven Chicken, Mashed Potatoes, Corn, Roll, Milk, Pasta Soup	14 Brenda Contreras Exercise Class 10am Valentine Day Lunch- Carne Asada, Pasta Salad, Beans	15 Chicken Fajita, Veggies, Beans, Milk, cabbage Soup	16 Socorro Lopez
17	18 Chorus Classes 9:30am to 11:30am Spaghetti with Meatballs, veggies, Roll, Pasta Soup	19 Exercise Class 10am Cabbage with Beef, Rice, Beans, Milk, Cabbage Soup	20 Luz Romo Chicken Stir Fry, White Rice, Milk, Rice Soup	21 Exercise Class 10am Ham, Mashed Potatoes, Corn, Roll, Milk, Pasta Soup	22 Rosario Silva BBQ Chicken, Pasta Salad, Veggies, Milk, Corn Soup	23 Josefina Jaramillo
24 Mexican Flag Day	25 Ma Luz Peña Chorus Classes 9:30am to 11:30am Orange Chicken, White Rice, Milk, Cabbage Soup	26 Exercise Class 10am Taco Salad, Milk, Pasta Soup	27 Knitting Beef Tostadas, Rice, beans, Milk, Rice Soup	28 Exercise Class 10am Carne with Chile, Rice, Beans, Milk, Lentil Soup		

Notes:
Birthdays
Activities-Cards/Bingo daily after lunch
Menu

THANKS TO OUR PARTNERS

Menu Approved by: