

January 2020

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Closed	2 Closed	3 Closed	4 Maria Blumenkron
5	6 Chorus Class Chicken Parmesan w/ spaghetti, Carrots, Dinner Roll WG, Fruit, Milk	7 Carlos Molina Exercise Class Cheese Enchiladas, Beans, Dinner Roll, Fruit, Milk	8 Maria Velasquez Knitting Class Beef Tacos, Green Salad, Fruit, Milk	9 Julian Trevino Exercise Class Chicken Patty, Fries Fruit, Milk	10 Pork Carnita Torta, Green Beans, Fruit, Milk	11 Guadalupe Estrada
12	13 Chorus Class Picadillo, Beans, Spanish Rice, Fruit, Milk	14 Exercise Class Bean/Cheese Burrito, Carrots, Fruit, Milk	15 Lydia Solis Chicken Stir Fry, Steamed Rice, Stir Fry Vegetables, Fruit, Milk	16 Exercise Class Hot Dog, Baby Carrots, Fruit, Milk	17 Chicken Fajitas Beans Spanish Rice Fruit Milk	18 Rosa Maria Villegas
19 Esparanza Angulo Leionila Guinez Martha Medina	20 Closed Martin Luther King Jr. Day	21 Exercise Class Chipotle BBQ Meatloaf, Mashed Potatoes, Dinner Roll, Fruit, Milk	22 Knitting Class Chicken Chop Suey, Broccoli, Steamed Rice, Fruit, Milk	23 Exercise Class Hamburger, Carrots, Fruit, Milk	24 Breaded Chicken, Mashed Potatoes, Fruit, Milk	25
26	27 Norma Ahumada Chorus Class Country Fried Steak, Mixed Vegetables, Fruit, Milk	28 Maria Perez Exercise Class Chicken Alfredo, Green Salad, Fruit, Milk	29 Fish Tacos, Beans, Fruit, Milk	30 Exercise Class Beef & Broccoli, Steamed Rice, Corn, Fruit, Milk	31 Chicken Tacos, Beans, Spanish Rice, Fruit, Milk	1
2	3	Notes: Birthdays Activities Cards/Bingo daily after lunch Menu				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

For more information call: 520-287-7422 / www.sccoanogales.com / 125 E. Madison St., Nogales, AZ 85621 / sccoanogales@gmail.com / All menu and activities are subject to change

