

August

2019

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Josefina Leyva Alberto Cabrera Jose Carvajal Baked Penne, Broccoli, Fruit Milk	2 Arnoldo Montiel Fish & Chips, Fries, Fruit Milk	3
4	5 Anna Almada Chorus Classes 9:30am to 11:30am Chicken Pozole, Carrots, Fruit Milk	6 Exercise Class 10:30am Orange Chicken, Steamed Rice Stir Fry Vegetables, Fruit, Milk	7 Elvia Rodriguez Cheese Quesadilla, Beans, Fruit Milk	8 Exercise Class 10:30am Spaghetti w/ Meatsauce, Broccoli Dinner Roll WG, Fruit, Milk	9 Feliberto Chappetti Miguel Gastelum Taco Salad, Corn, Dinner Roll WG, Fruit, Milk	10
11 Amparo Portela	12 Chorus Classes 9:30am to 11:30am Veggie Lasagna, Carrots, Dinner Roll, Fruit, Milk	13 Exercise Class 10:30am Lemon Peppered Chicken, Rice Pilaf, Peas/Carrots, Fruit, Milk	14 Knitting Carne Con Chile, Broccoli, Spanish Rice, Fruit, Milk	15 Exercise Class 10:30am Ham, Mashed Potatoes, Dinner Roll WG, Fruit, Milk	16 Rita Velascot Chicken Parmesan w/ spaghetti Carrots, Dinner Roll WG, Fruit Milk	17
18	19 Chorus Classes 9:30am to 11:30am Cheese Enchiladas, Beans, Dinner Roll, Fruit, Milk	20 Exercise Class 10:30am Beef Tacos, Green Salad, Fruit Milk	21 Movie @12:30 Chicken Patty, Fries, Fruit Milk	22 Exercise Class 10:30am Blood Pressure Checks @9:30 Pork Carnita Torta, Green Beans, Fruit, Milk	23 Picadillo, Beans, Spanish Rice Fruit, Milk	24
25 Maria Perez	26 Chorus Classes 9:30am to 11:30am Bean/Cheese Burrito Carrots, Fruit, Milk	27 Exercise Class 10:30am Chicken Stir Fry, Steamed Rice Stir Fry Vegetables, Fruit, Milk	28 Knitting Hot Dog, Baby Carrots, Fruit Milk	29 Daniel Knoblock Exercise Class 10:30am Chicken Fajitas, Beans, Spanish Rice, Fruit Milk	30 Chipotle BBQ Meatloaf Mashed Potatoes, Dinner Roll Fruit, Milk	31 Raul Robles

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

THANKS TO OUR PARTNERS

Menu Approved by:
Alan Coker R.D.
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