

February 2018

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Exercise Class 10am Molletes de Chorizo, Beans, Soup	2 Francisco Lopez Beef Picadillo, Beans, Rice, Soup, Salad bar	3
4 Mirna Ortega	5 Ana Zuniga Chorus Classes 9:30am to 11:30am Chicken Stir Fry, White Rice, Soup	6 Exercise Class 10am Beef & Broccoli, White Rice, Soup	7 Irene Lozano Knitting Spaghetti with Meat, Salad, Roll, Soup	8 Rosario Silva Exercise Class 10am Chicken Mole, Rice, Beans, Soup	9 Nacho Supreme, Soup, Salad bar	10
11	12 Chorus Classes 9:30am to 11:30am Lasagna, Salad, Roll, Soup	13 Exercise Class 10am Blood Pressure Check Cheese Enchiladas, Beans, Rice, Soup	14 VALENTINES DAY ASH WEDNESDAY BBQ Chicken, Mashed Potatoes, Roll, Soup	15 Exercise Class 10am Chicken Parmesan, Pasta, Soup	16 Socorro Lopez Tuna Salad, Beans, Soup-Salad Bar	17
18 Evangelina Rodriguez	19 Maria Pereida CLOSED President's Day	20 Luz Romo Exercise Class 10am Ejotes con Chile and Meat, White Rice, Soup	21 Raul Rivera Knitting Pozole	22 Carol Buzas Exercise Class 10am Torta de Jamon, Patotote, Chips, Soup	23 Josefina Jaramillo Pork Carnitas, Charro beans, Salad, Soup-Salad Bar	24 David Cordoza
25 Maria Luz Pena	26 Chorus Classes 9:30am to 11:30am Chicken Alfredo, Veggies, Soup	27 Exercise Class 10am Hot Dogs, Chilli Beans, Pasta, Soup	28 Maria Alvarado Chicken Chop Suey, White Rice, Soup			
Notes: Birthdays Activities-Cards/Bingo daily after lunch Menu		THANKS TO OUR PARTNERS 				Menu Approved by: Suzanne Lau Southwest Foodservice Excellence 9366 E. Raintree Dr, Suite 101 Scottsdale, AZ 85260 Email: suzanne.lau@sfelc.org