



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Chorus Classes 9:30am to 11:30am Chicken Stir Fry, White Rice, Chicken Soup, Milk	4 Exercise Class 10:30am Cheese Enchiladas, Beans, Rice, rice soup, Milk	5 Knitting Beef tacos, Rice, Beans, Lenteja soup, Milk	6 Exercise Class 10:30am Cheese Quesadillas, Beans, Calabacitas, Maiz and Bean Soup, Milk	7 Maria Parra Chicken Fajita, Rice, Beans, Pasta Soup, Milk	8 Concepcion Flores
9 Maria Luz Martinez Luis Hernandez	10 Chorus Classes 9:30am to 11:30am Tostadas de Pollo, Veggies, Beans, Chicken soup, Milk	11 Exercise Class 10:30am Chicken Parmesan, Pasta Primavera, Roll, Pasta soup, Milk	12 Taco Salad, Rice Soup, Milk	13 Alicia Zepeda Margarita Monarque Exercise Class 10:30am Picadillo, Rice, beans, Cabbage Soup, Milk	14 <i>Buenitos</i> Spaghetti with Meat, Veggies, Roll, Pasta Soup, Milk, Salad Bar	15 Elisa Alvarez
16	17 Chorus Classes 9:30am to 11:30am Repollo con Carne, White Rice, Veggies, Rice Soup, Milk	18 Exercise Class 10:30am Chicken Mole, Rice, Beans, Chicken Soup, Milk	19 Knitting Arroz Cantones Eggroll, Cabbage Soup, Milk	20 Exercise Class 10:30am CHRISTMAS LUNCH / MUSIC Roast Beef, Tamal, Mashed Potatoes, Corn, Ham, Roll	21 Estela Contreras Maria Xebille Elvia Korchmarous Carne con Chile, Rice, Beans, Lentejas Soup, Milk	22
23	24 CLOSED CHRISTMAS	25 Maria Brouillette CLOSED CHRISTMAS	26 CLOSED CHRISTMAS	27 Delfina Steel Paul Blocher CLOSED CHRISTMAS	28 Delia Garcia CLOSED CHRISTMAS	29
30	31 Roberto Ibarra CLOSED CHRISTMAS	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