

July

2019

Menu and Activities Calendar

Santa Cruz Council on Aging, Inc.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chorus Classes 9:30am to 11:30am Lemon Peppered Chicken, Rice Pilaf, Peas/Carrots, Fruit, Milk	2 John Jackson Exercise Class 10:30am Carne Con Chile, Broccoli, Spanish Rice, Fruit, Milk	3 Gloria Ayala Ham, Mashed Potatoes, Dinner Roll WG, Fruit, Milk	4 CLOSED	5 Chicken Parmesan w/ Spaghetti, Carrots, Dinner Roll WG, Fruit, Milk	6 Elsa Willey
7 Hermina Sanchez	8 Rogelio Robles Chorus Classes 9:30am to 11:30am Cheese Enchiladas, Beans, Dinner Roll WG, Fruit, Milk	9 Irma Bachelier Exercise Class 10:30am Beef Tacos, Green Salad, Fruit, Milk	10 Knitting Chicken Patty, Fries, Fruit, Milk	11 Exercise Class 10:30am Pork Carnita Torta, Green Beans, Fruit, Milk	12 Picadillo, Beans, Spanish Rice, Fruit, Milk	13
14	15 Chorus Classes 9:30am to 11:30am Bean/Cheese Burrito, Carrots, Fruit, Milk	16 Exercise Class 10:30am Chicken Stir Fry, Steamed Rice, Stir Fry Vegetables, Fruit, Milk	17 Daniel Foley Hot Dog, Baby Carrots, Fruit, Milk	18 Exercise Class 10:30am Chicken Fajitas, Beans, Spanish Rice, Fruit, Milk	19 Herminia Valencia Chipotle BBQ Meatloaf, Mashed Potatoes, Dinner Roll, Fruit, Milk	20
21 Concepcion Arce	22 Magdalena Noriega Chorus Classes 9:30am to 11:30am Chicken Chop Suey, Broccoli, Steamed Rice, Fruit, Milk	23 Maria Montijo Exercise Class 10:30am Hamburger, Carrots, Fruit, Milk	24 Knitting Breaded Chicken, Mashed Potatoes, Fruit, Milk	25 Marta Valenzuela Exercise Class 10:30am Country Fried Steak, Mixed Vegetables, Fruit, Milk	26 Chicken Alfredo, Green Salad, Fruit, Milk	27
28	29 Chorus Classes 9:30am to 11:30am Fish Tacos, Beans, Fruit, Milk	30 Exercise Class 10:30am Beef and Broccoli, Steamed Rice, Corn, Fruit, Milk	31 Chicken Tacos, Beans, Spanish, Rice, Fruit, Milk			
		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