May

2018

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



ria Ahumada rus Classes am to 11:30am n Fajitas, Rice, Beans,	Exercise Class I 0am Bean Tostadas, Rice, Beans, Soup 8 Bracker Choir Exercise Class I 0am Blood Pressure Check Chilaquiles, Rice, Beans, Soup 15 Exercise Class I 0am	Chicken Parmesan, Pasta salad, Veggies, Soup	Thursday Linda Wilson Exercise Class I Oam Pollo Entomatado, Rice, Beans, Soup 10 Mother's Day Celebration- Music Exercise Class I Oam Turkey, Ham, Mashed Potatoes, Corn, Soup 17	4 A J Mitchell Choir Veggie Lasagna, Green Salad, Roll, Soup, Salad Bar 11 Oven Chicken, Mashed Potatoes, Corn 18	5 Saturday 12
rus Classes am to 11:30am n Fajitas, Rice, Beans,	Bean Tostadas, Rice, Beans, Soup 8 Bracker Choir Exercise Class 10am Blood Pressure Check Chilaquiles, Rice, Beans, Soup	9 Juventino Moreno Norma Cabrera Knitting Chicken Parmesan, Pasta salad, Veggies, Soup 16	Pollo Entomatado, Rice, Beans, Soup 10 Mother's Day Celebration- Music Exercise Class 10am Turkey, Ham, Mashed Potatoes,	Choir Veggie Lasagna, Green Salad, Roll, Soup, Salad Bar 11 Oven Chicken, Mashed Potatoes, Corn	
rus Classes am to 11:30am n Fajitas, Rice, Beans,	8 Bracker Choir Exercise Class 10am Blood Pressure Check Chilaquiles, Rice, Beans, Soup	9 Juventino Moreno Norma Cabrera Knitting Chicken Parmesan, Pasta salad, Veggies, Soup 16	10 Mother's Day Celebration- Music Exercise Class I Oam Turkey, Ham, Mashed Potatoes,	Roll, Soup, Salad Bar 11 Oven Chicken, Mashed Potatoes, Corn	
rus Classes am to 11:30am n Fajitas, Rice, Beans,	Exercise Class 10am Blood Pressure Check Chilaquiles, Rice, Beans, Soup 15	Norma Cabrera Knitting Chicken Parmesan, Pasta salad, Veggies, Soup 16	Mother's Day Celebration- Music Exercise Class 10am Turkey, Ham, Mashed Potatoes,	toes, Corn	
			17	18	19
n Mole, Rice, Beans,	Enchiladas verdes, Rice pilaf, Veggies, Soup		Exercise Class I 0am Nopales with Chile, Whte Rice, Beans, Soup	Burrito Breakfast Chicken Tacos, Rice, Beans, Soup, Salad Bar	
dalupe Solis s Classes n to 11:30am amon, Pasta Salad,	Chicken Alfredo, Veggies, Roll,	Knitting	24 Amelia Melendez AAA Presentation 10:30 am to 11:30 am Exercise Class I 0am Chicken Stir fry, White Rice, Soup	25 Manuel Jaramillo Pork Meat with Veggies, Rice, Beans, Soup, Salad Bar	26
COED	Beef Picadillo, Beans, Rice,	The state of the s	31 Exercise Class I 0am Spaghetti with meat, Green Salad, Roll, Soup	Menu Approved by: Suzanne Lau Southwest Foodservice Excellence 9366 E. Raintree Dr, Suite 101 Scottsdale, AZ 85260 Email: suzanne.lau@sfellc.org	
S n a c	Classes to 11:30am mon, Pasta Salad, hips, Soup se enciso morial Day OSED	Classes to 11:30am Imon, Pasta Salad, hips, Soup Exercise Class I 0am Chicken Alfredo, Veggies, Roll, Soup 29 Morial Day Exercise Class I 0am Beef Picadillo, Beans, Rice,	Classes to 11:30am Imon, Pasta Salad, hips, Soup Chicken Alfredo, Veggies, Roll, Soup Se enciso Tacos al vapor, Rice, Beans, Soup 30 Aracely Robles Exercise Class I 0am Beef Picadillo, Beans, Rice, BBQ Chicken, Mashed Potatoes,	Classes to 11:30am Imon, Pasta Salad, hips, Soup Exercise Class I 0am Chicken Alfredo, Veggies, Roll, Soup Chicken Alfredo, Veggies, Roll, Soup See enciso Tacos al vapor, Rice, Beans, Soup Soup Chicken Stir fry, White Rice, Soup Soup 30 Aracely Robles Exercise Class I 0am Chicken Stir fry, White Rice, Soup Soup Exercise Class I 0am Beef Picadillo, Beans, Rice, BBQ Chicken, Mashed Potatoes, Spaghetti with meat,	Classes to 11:30am Imon, Pasta Salad, hips, Soup Exercise Class I 0am Chicken Alfredo, Veggies, Roll, Soup Tacos al vapor, Rice, Beans, Rice, Soup Tacos al vapor, Rice, Beans, Rice, Soup

Birthdays

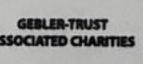
Activities-Cards/Bingo daily after lunch Menu

Nogales Debutante Cotillon













THANKS TO OUR PARTNERS











