

May

2018

Menu and Activities Calendar

Santa Cruz Council on Aging, Inc.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Exercise Class 10am Bean Tostadas, Rice, Beans, Soup	2 Cheese Enchiladas, Beans, Veggies, Soup	3 Linda Wilson Exercise Class 10am Pollo Entomatado, Rice, Beans, Soup	4 A J Mitchell Choir Veggie Lasagna, Green Salad, Roll, Soup, Salad Bar	5
6	7 Maria Ahumada Chorus Classes 9:30am to 11:30am Chicken Fajitas, 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	10 Mother's Day Celebration- Music Exercise Class 10am Turkey, Ham, Mashed Potatoes, Corn, Soup	11 Oven Chicken, Mashed Potatoes, Corn	12
13	14 Chorus Classes 9:30am to 11:30am Chicken Mole, Rice, Beans, Soup	15 Exercise Class 10am Enchiladas verdes, Rice pilaf, Veggies, Soup	16 Taco Salad, Soup	17 Exercise Class 10am Nopales with Chile, White Rice, Beans, Soup	18 Burrito Breakfast Chicken Tacos, Rice, Beans, Soup, Salad Bar	19
20 Graciela Garcia	21 Maria Estil Guadalupe Solis Chorus Classes 9:30am to 11:30am Torta de jamon, Pasta Salad, Potatoe Chips, Soup	22 Exercise Class 10am Chicken Alfredo, Veggies, Roll, Soup	23 Esther Morales Knitting Tacos al vapor, Rice, Beans, Soup	24 Amelia Melendez AAA Presentation 10:30 am to 11:30 am Exercise Class 10am Chicken Stir fry, White Rice, Soup	25 Manuel Jaramillo Pork Meat with Veggies, Rice, Beans, Soup, Salad Bar	26
27 Arnulfo Fajardo Nancy Esquer	28 Jose enciso Memorial Day CLOSED	29 Exercise Class 10am Beef Picadillo, Beans, Rice, Soup	30 Aracely Robles BBQ Chicken, Mashed Potatoes, Roll, Soup	31 Exercise Class 10am 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	
Notes: Birthdays Activities-Cards/Bingo daily after lunch Menu	<div><div>THANKS TO OUR PARTNERS</div><div><div></div></div></div>					