

May

2019

Menu and Activities Calendar

Santa Cruz Council on Aging, Inc.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|--|
| | | | 1 Country Fried Steak, Mixed Vegetables, Fruit, Milk | 2 Chicken Alfredo, Green Salad, Fruit, Milk | 3 Rigo Bolanos Fish Tacos, Beans, Fruit, Milk | 4 |
| 5 | 6 Chorus Classes 9:30am to 11:30am Beef and Broccoli, Steamed Rice, Corn, Fruit, Milk | 7 Exercise Class 10:30am Chicken Tacos, Beans, Spanish Rice, Fruit, Milk | 8 Knitting Baked Penne, Broccoli, Fruit, Milk | 9 Norma Cabrera Juventino Moreno Exercise Class 10:30am Fish and Chips, Fries, Fruit, Milk | 10 May 10th Mothers Day Lunch Chicken Pozole, Carrots, Fruit, Milk | 11 |
| 12 | 14 Chorus Classes 9:30am to 11:30am Orange Chicken, Steamed Rice, Stir Fry Vegetables, Fruit, Milk | 15 Exercise Class 10:30am Cheese Quesadilla, Beans, Fruit, Milk | 16 Spaghetti w/ Meatsauce, Broccoli, Dinner Roll WG, Fruit, Milk | 17 Exercise Class 10:30am Taco Salad, Corn, Dinner Roll WG, Fruit, Milk | 18 Rosa Maria Villegas Ramona Murrieta Veggie Lasagna, Carrots, Dinner Roll, Fruit, Milk | 19 |
| 20 | 21 Chorus Classes 9:30am to 11:30am Lemon Peppered Chicken, Rice Pilaf, Peas/Carrots, Fruit, Milk | 22 Exercise Class 10:30am Knitting Carne Con Chile, Broccoli, Spanish Rice, Fruit, Milk | 23 Ham, Mashed Potatoes, Dinner Roll WG, Fruit, Milk | 24 Exercise Class 10:30am Chicken Parmasean W/ Spaghetti, Carrots, Dinner Roll WG, Fruit, Milk | 25 Manuel Jaramillo Burrito Breakfast Cheese Enchiladas, Beans, Dinner Roll, Fruit, Milk | 26 |
| 27 Nanci Esquer | 28 Jose Encinso Chorus Classes 9:30am to 11:30am Beef Tacos, Green Salad, Fruit, Milk | 29 Exercise Class 10:30am Chicken Patty, Fries, Fruit, Milk | 30 Aracely Robles Pork Carnita Torta, Green Beans, Fruit, Milk | 31 Exercise Class 10:30am Picadillo, 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 |