

# September 2019

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Aida Alvarez</b>  Chicken Chop Suey, Broccoli Steamed Rice, Fruit, Milk	<b>2 Closed Labor Day</b>  Hamburger, Carrots, Fruit Milk	<b>3</b>  Breaded Chicken, Mashed Potatoes, Fruit, Milk	<b>4</b>  Country Fried Steak, Mixed Vegetables, Fruit, Milk	<b>5</b>  Chicken Alfredo, Green Salad, Fruit, Milk	<b>6 Arnoldo Montiel</b>  Fish Tacos, Beans, Fruit, Milk	<b>7 Ana Garcia</b>
<b>8</b>	<b>9 Anna Almada</b> Chorus Classes 9:30am to 11:30am  Beef & Broccoli, Steamed Rice Corn, Fruit, Milk	<b>10</b> Exercise Class 10:30am  Chicken Tacos, Beans, Spanish Rice, Fruit, Milk	<b>11</b> Knitting  Baked Penne, Broccoli, Fruit, Milk	<b>12</b> Exercise Class 10:30am  Fish & Chips, Fries, Fruit, Milk	<b>13 Julieta Del Razo</b>  Chicken Pozole, Carrots, Fruit, Milk	<b>14</b>
<b>15 Amparo Portela</b>	<b>16</b> Chorus Classes 9:30am to 11:30am  Orange Chicken, Steamed Rice Stir Fry Vegetables, Fruit, Milk	<b>17</b> Exercise Class 10:30am  Cheese Quesadilla Beans, Fruit, Milk	<b>18</b>  Spaghetti w/ Meatsauce, Broccoli Dinner Roll WG, Fruit, Milk	<b>19 Emma Mungia Angel Ibarra</b> Exercise Class 10:30am  Taco Salad, Corn Dinner Roll WG, Fruit, Milk	<b>20 Breakfast Burrito</b> Veggie Lasagna, Carrots Dinner Roll, Fruit, Milk	<b>21</b>
<b>22</b>	<b>23 Dolores Knapp Richard Carlos</b> Chorus Classes 9:30am to 11:30am  Lemon Peppered Chicken, Rice Pilaf, Peas/Carrots, Fruit, Milk	<b>24</b> Exercise Class 10:30am  Carne Con Chile, Broccoli Spanish Rice, Fruit, Milk	<b>25</b> Knitting  Ham, Mashed Potatoes Dinner Roll WG, Fruit, Milk	<b>26</b> Exercise Class 10:30am  Chicken Parmesan w/ spaghetti Carrots, Dinner Roll WG, Fruit, Milk	<b>27 Maria Rosario Coronado</b>  Cheese Enchiladas, Beans Dinner Roll, Fruit, Milk	<b>28 Manuela Gradillas</b>
<b>29 Norma Bruce Olinda Gonzales</b>	<b>30</b> Chorus Classes 9:30am to 11:30am  Beef Tacos, Green Salad Fruit, Milk					
		Notes: <b>Birthdays</b> Activities-Cards/Bingo daily after lunch <b>Menu</b>	<b>THANKS TO OUR PARTNERS</b> 			Menu Approved by: <b>Alan Coker R.D.</b> <b>Sodexo Quality of Life Services</b> 10802 N. Black Canyon HWY Phoenix, AZ 85053 Email: <a href="mailto:alan.coker@sodexo.com">alan.coker@sodexo.com</a>