March 2020

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

SANTA CRUZ COUNCIL ON AGING · SCCOA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mario Jara	**2** Chorus Class Beef Tacos, Green Salad, Fruit, Milk	**3** Excercise Class Oven Baked Chicken, Fries, Fruit, Milk	**4** Pork Carnita Torta, Green Beans, Fruit, Milk	**5** Raul Villagran Excercise Class Picadillo, Beans, Spanish Rice, Fruit, Milk	**6** Januario Cervantes Chicken Mole, Carrots, Fruit, Milk	**7**
8 Maria Dolores Sandoval	**9** Chorus Class Chicken Teriyaki, Steamed Rice, Corn, Fruit, Milk	**10** Excercise Class Chicken Tacos, Beans, Spanish Rice, Fruit, Milk	**11** Lora Leinun Knitting Class Baked Penne, Broccoli, Fruit, Milk	**12** Excercise Class Ham Torta, Fries, Fruit, Milk	**13** Chicken Pozole, Carrots, Fruit, Milk	**14** Oscar Serrano
15 Armando Hernandez	**16** Chorus Class Beef & Broccoli, Steamed Rice, Stir Fry Vegetables, Fruit, Milk	**17** Excercise Class Cheese Quesadilla, Beans, Fruit, Milk	**18** Guadalupe Ojeda Spaghetti w/ Meatsauce, Broccoli, Dinner Roll WG, Fruit, Milk	**19** Excercise Class Taco Salad, Corn, Dinner Roll WG, Fruit, Milk	**20** Ana Carillo Burrito Breakfast Veggie Lasagna, Carrots, Dinner Roll, Fruit, Milk	**21**
22 Matilde de Montes	**23** Chorus Class Hamburger, Carrots, Fruit, Milk	**24** Excercise Class Women's Club Lunch BBQ Chicken, Mashed Potatoes, Fruit, Milk	**25** Knitting Class NTHS from NHS Molletes, Mixed Vegetables, Fruit, Milk	**26** Excercise Class Chicken Alfredo, Green Salad, Fruit, Milk	**27** Luis Mungia Guadalupe Reyes Tostadas, Beans, Fruit, Milk	**28** Carmen Hernandez
29	**30** Chorus Class Lemon Peppered Chicken, Rice Pllaf, Peas/Carrots, Fruit, Milk	**31** Maria Jesus Cuevas Excercise Class Carne Con Chile, Broccoli, Spanish Rice, Fruit, Milk	**1**	**2**	**3**	**4**

Notes:
Birthdays
ActivitiesCards/Bingo daily after lunch
Menu

REALTOR · DES · SEAGO · Santa Cruz Community Foundation an affiliate of the Community Foundation for Southern Arizona · United Way · WELLS FARGO · SOUTH32

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