










April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SCV SENIOR CENTER Santa Clarita Valley Committee on Aging 22900 Market Street • Santa Clarita, CA 91321</p>	<p>April is Alcohol Awareness Month</p> 	 <p>Parkinson Awareness Month</p>  <p>APRIL Stress Awareness Month</p>	<p>APRIL 23rd - 29th</p>  <p>NATIONAL VOLUNTEER WEEK 2017 MOBILIZE. BUILD. INSPIRE.</p>	 <p>Happy Easter</p>
<p>3</p> <p>Jerk Chicken (Roasted Chicken topped off with a Sweet & Savory Caribbean sauce)</p>	<p>4</p> <p>Egg and Potato Hash (Related to the Chili Egg Puff but with added Shredded Potatoes and Pork)</p>	<p>5</p> <p>Beef Taco Salad (Savory Meat served over Crispy Tortillas and topped with Lettuce, Tomato and Cheese)</p>	<p>6</p> <p>Mexican Fish and Salsa! (Cod Fish topped with Salsa, Crushed Tortilla and Cheese)</p>	<p>7</p> <p>Chicken Parmigiana</p>
<p>10</p> <p>Beef Chili (Ground Beef and Kidney Beans)</p>	<p>11</p> <p>Roasted Pork Loin and Gravy</p>	<p>12</p> <p>Turkey Burger (Whole Grain Bun & Turkey Patty)</p>	<p>13</p> <p>Spaghetti and Meatball A classic senior favorite</p>	<p>14</p>  <p>Tuna Salad Sandwich on Artisan Ciabatta Roll In-house made to ensure freshness!</p>
<p>17</p> <p>Chili Egg Puff</p>	<p>18</p> <p>Fish and Chips (New and improved recipe)</p> 	<p>19</p> <p>Chicken Curry: Back by popular demand</p>	<p>20</p> <p>Kalbi Beef <i>A Senior Center Favorite</i> (Korean Style Beef Strips in Sweet & Savory Sauce over Wild Brown Rice)</p>	<p>21</p> <p>Chicken Jambalaya (Chicken tossed in a Zesty Tomato Sauce & Corn)</p>
<p>24</p>  <p>Savory Pork Stew (Pork with onion, yellow bell pepper, garlic, tomatoes, rosemary & thyme)</p>	<p>25</p> <p>Chicken Galinhada topped Farofa A savory Brazilian delight (Brazilian Chicken Stew w/ tomatoes and onions)</p>	<p>26</p> <p>*Choice Day: HDM >A</p> <p><u>Choice Day</u> A) Roasted Fish OR B) Greek Salad w/ Hot Fish</p>	<p>27</p> <p>Napa Almond Chicken Salad Sandwich (Apples, Grapes, Chicken, Celery)</p>	<p>28</p> <p>Mediterranean Meat Stew (Brown & Wild Rice, Cubed Beef and Gravy)</p>

*HDM to receive Option A.