

LIVE OAK SENIOR NUTRITION AND SERVICE CENTER

111 Church Street, Los Gatos, Ca. LiveOak@lgumc.org

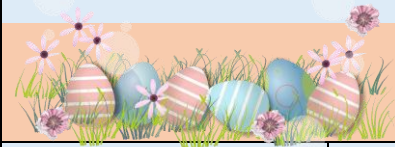
- Catered Lunch Monday thru Friday, 11:30am - 12:30pm • Serving Seniors 60+
- Meal Suggested Contributions: \$5 for Registered Clients. A guest fee of \$9 is required.



Place your meal order for the following day(s) or week in person or by email: LiveOak@lgumc.org

ORDERS MUST BE PLACED BEFORE 1PM FOR NEXT DAY MEALS

APRIL 2026



	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY		
	CHAIR YOGA: 10:45 - 11:30 am	FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00 am	TAI CHI: 10:15 - 11:15 am BINGO: 4/30 12:30 - 1:00 pm			
Hot Meals	MONDAY	Hot Meals TUESDAY	Hot Meals WEDNESDAY	Hot Meals THURSDAY	Hot Meals FRIDAY	ALTERNATE MEAL OPTIONS
		1 TURKEY CHILI * Baked Potato * Corn Bread * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	2 CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	3 HAM * Roasted Potatoes * Peas, Carrots & Corn Medley * Fruit of the day * Low-Fat Milk 1%	WEEK OF: APRIL 1-3 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk	
6 HOLIDAY CLOSED	7 KOREAN BEEF * Brown Rice * Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	8 BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * Fruit of the day * Low Fat Milk 1%	9 TURKEY TACO BOWL * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	10 VEGGIE CHOW MEIN * Asian Blend Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	WEEK OF: APRIL 6-10 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk	
13 EGGS & TURKEY SAUSAGE * French Toast Sticks * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	14 Arroz con Pollo (Rice w/chicken) * Black Beans * Mixed Vegetables * Fruit of the day * Low-Fat Milk 1%	15 BAKED ZITI w/BEEF * Tomatoes & Zucchini Baked Inside * Carrots * Fruit of the day * Low-Fat Milk 1%	16 ROASTED PORK W/GRAVY * Mashed Sweet Potatoes * Brussel Sprouts * Fruit of the day * Low-Fat Milk 1%	17 PASTA & MEATBALLS w/MARINARA * Sauteed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	WEEK OF: APRIL 13-17 1) Asian Chicken Salad 2) Vegetarian Asian Salad 3) Turkey/Cheddar Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk	
20 SHEPHERD'S PIE * Mashed Potatoes * Green Beans * Fruit of the day * Low-Fat Milk 1%	21 LASAGNA w/GROUND PORK * Broccoli, Cauliflower, and Carrot Medley * Fruit of the day * Low-Fat Milk 1%	22 CHEESEBURGER w/CHEESE * Tomato & Lettuce Garnish * Spinach Salad w/ Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	23 BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	24 HONEY GINGER TALAPIA * Brown Rice * Squash, Carrot, & Sweet Potato * Fruit of the day * Low-Fat Milk 1%	WEEK OF: APRIL 20-24 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk	
27 CILANTRO LIME CHICKEN * Corn Tortilla * Pinto Beans * Squash and Carrots * Fruit of the day * Low-Fat Milk 1%	28 BEEFY MAC BAKE * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	29 CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower * Romaine Salad * Fruit of the day * Low-Fat Milk 1%	30 TURKEY MEAT LOAF * Glazed Carrots * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	WEEK OF: APRIL 27-30 1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk		

Meal contains more than 1000 mg sodium * Vitamin A source: 233 µg (3X per week) ___ Vitamin C source: 25 mg Daily Vegetarian Meal **H** = Holiday Closure **HM** = Holiday Meal

NOTE: Each meal has ~750 to 900 mg sodium unless indicated with . Menus are written by My Green Lunch and approved by Erin Hyland, RD. Menu changes or substitutions require approval from SNP registered dietitian. Substituted items should be documented on the production menu. Individuals 60 years old and above are eligible without regard to race, national origin, gender, or disability.