



# Live Oak Senior Nutrition & Service Center

111 Church Street, Los Gatos, Ca.

- Catered Lunch Monday thru Friday, 11:30am - 12:30pm
- Serving Seniors 60+



Place your meal order for the following day(s) or week in person or by calling 408-455-5698

**ORDERS MUST BE PLACE BEFORE 1PM FOR NEXT DAY MEALS**

## May 2026

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	VISIT OUR WEBSITE
	CHAIR YOGA: 10:45 - 11:30 am	FUNCTIONAL POSTURE, MOBILITY & BALANCE: 10:30-11:00am	TAI CHI: 10:15 - 11:15 am  BINGO: 5/30 12:30 - 1:00 pm		  <a href="http://liveoakseniorcenter.org">liveoakseniorcenter.org</a>
<b>Hot Meals</b> MONDAY	<b>Hot Meals</b> TUESDAY	<b>Hot Meals</b> WEDNESDAY	<b>Hot Meals</b> THURSDAY	<b>Hot Meals</b> FRIDAY	<b>Cold Meals</b> MENU OPTIONS
<b>27-Apr</b> CILANTRO LIME CHICKEN * Corn Tortilla * Pinto Beans * Squash and Carrots * Fruit of the day * Low-Fat Milk 1%	<b>28-Apr</b> BEEFY MAC BAKE * Broccoli, Carrots, & Cauliflower * Fruit of the day * Low-Fat Milk 1%	<b>29-Apr</b> CHICKEN & CHEESE ENCHILADA CASSEROLE * Cauliflower * Romaine Salad * Fruit of the day * Low-Fat Milk 1%	<b>30-Apr</b> TURKEY MEAT LOAF CASSEROLE * Glazed Carrots * Mashed Potatoes * Fruit of the day * Low Fat Milk 1%	<b>1</b> GRILLED CHICKEN & PINTO BEAN BURRITO * Salad w/Balsamic Dressing * Fruit of the day * Low Fat Milk 1%	<b>APRIL 27 - MAY 1</b> 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
<b>4</b> SALMON TERIYAKI * Brown Rice * Asian Blend Vegetables * Fruit of the day * Low Fat Milk 1%	<b>5</b> VEGETABLE FRITTATA WITH Broccoli, Zucchini, Bell Pepper * Roasted Potatoes * Fruit of the day * Low-Fat Milk 1%	<b>6</b> TURKEY CHILI * Baked Potato * Wheat Roll * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low Fat Milk 1%	<b>7</b> CHICKEN PESTO PASTA * Carrots and Zucchini * Fruit of the day * Low-Fat Milk 1%	<b>8</b> ANGUS HAMBURGER * Lettuce & Tomato Garnish * Cabbage Slaw * Fruit of the day * Low Fat Milk 1%	<b>MAY 4 - 8</b> 1) Cobb Chicken Salad w/egg 2) Vegetarian Cobb 3) Roast Beef Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
<b>11</b> GENERAL TSO CHICKEN * Chow Mein Noodles * Asian Vegetables * Fruit of the day * Low Fat Milk 1%	<b>12</b> KOREAN BEEF * Brown Rice * Sautéed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	<b>13</b> BRATWURST SAUSAGE OVER MASHED POTATOES * Baby Carrots * Fruit of the day * Low Fat Milk 1%	<b>14</b> TURKEY TACO BOWL * Spinach Salad w/Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	<b>15</b> VEGGIE CHOW MEIN * Asian Blend Vegetables * Glazed Carrots * Fruit of the day * Low Fat Milk 1%	<b>MAY 11 -15</b> 1) Chicken Cesar Salad 2) Vegetarian Cesar Salad 3) Chicken Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
<b>18</b> EGGS & TURKEY SAUSAGE * French Toast Sticks * Spinach Salad Raspberry Vinaigrette * Fruit of the day * Low-Fat Milk 1%	<b>19</b> ARROZ CON POLLO (Rice w/chicken) * Black Beans * Mixed Vegetables * Fruit of the day * Low-Fat Milk 1%	<b>20</b> BAKED ZITI w/BEEF * Tomatoes & Zucchini Baked Inside * Carrots * Fruit of the day * Low-Fat Milk 1%	<b>21</b> ROASTED PORK w/GRAVY * Mashed Sweet Potatoes * Brussel Sprouts * Fruit of the day * Low-Fat Milk 1%	<b>22</b> PASTA & MEATBALLS w/MARINARA * Sautéed Garlic Spinach * Fruit of the day * Low Fat Milk 1%	<b>MAY 18 -22</b> 1) Chicken Greek Salad 2) Vegetarian Greek Salad 3) Tuna Salad Sandwich * All Include: Fruit of the Day, 1% Low-Fat Milk
<b>25</b> <b>CENTER CLOSED</b> <b>MEMORIAL DAY</b>	<b>26</b> LASAGNA w/GROUND PORK * Broccoli, Cauliflower, and Carrot Medley * Fruit of the day * Low-Fat Milk 1%	<b>27</b> CHEESEBURGER w/CHEESE * Tomato & Lettuce Garnish * Spinach Salad w/ Balsamic Dressing * Fruit of the day * Low-Fat Milk 1%	<b>28</b> BAKED CHICKEN w/GRAVY * Mashed Sweet Potatoes * Steamed Broccoli * Fruit of the day * Low-Fat Milk 1%	<b>29</b> HONEY GINGER TALAPIA * Brown Rice * Squash, Carrot, & Sweet Potato * Fruit of the day * Low-Fat Milk 1%	<b>MAY 25 -29</b> 1) Southwest Chicken Salad 2) Vegetarian SouthW Salad 3) Egg Salad Sandwich * All Include: Fruit of the Day and 1% Low-Fat Milk

= Meal contains more than 1000 mg sodium Vegetarian meal Menu, serving size, and nutritional values available at the Live Oak Senior Nutrition and Service Center Information table

All persons aged 60 and above are eligible without regard to race, national origin, gender or disability. Menus are written by My Green Lunch staff and approved by Senior Nutrition Program's Registered Dietitian.